NEW

Eat yourself healthy and strong

ANTI-INFLAMMATORY Cookbook

70+ simple & healthy dishes
for a life without inflammation

GET STARTED!
The anti-inflammatory diet explained

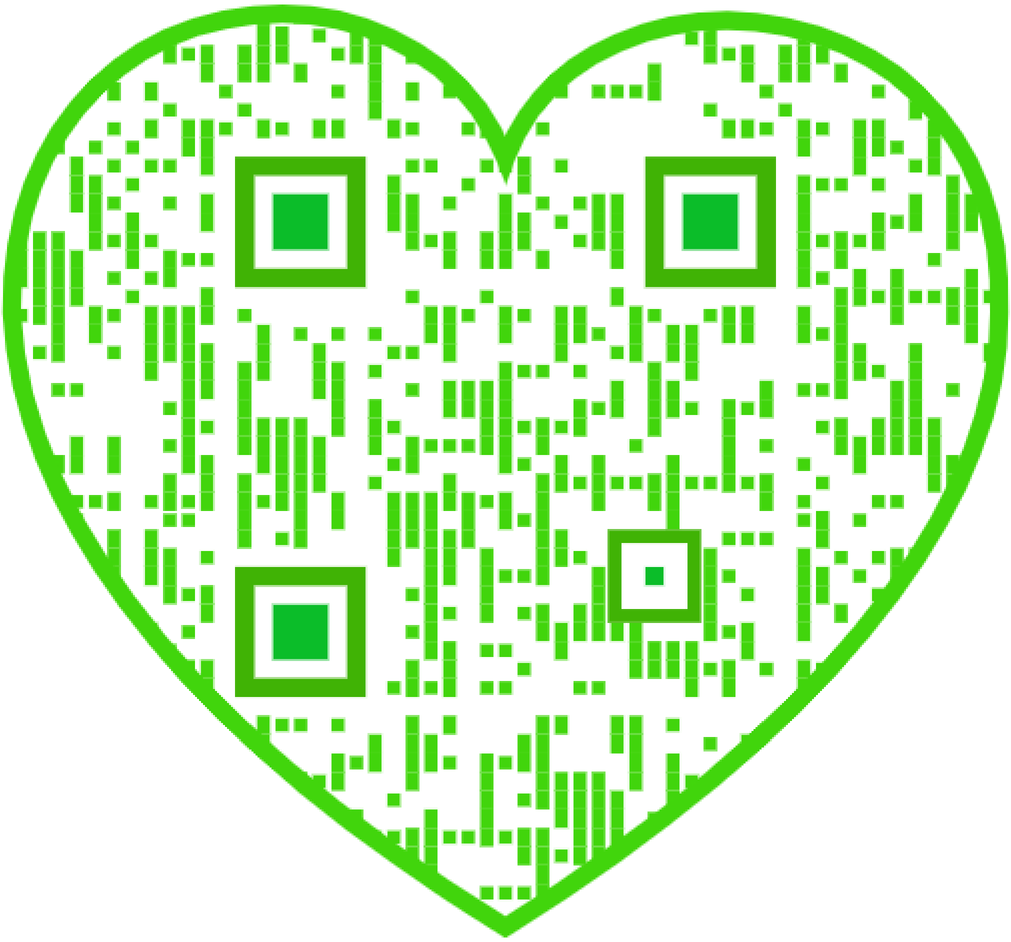
Eat this, not that!

Your essential overview to the foods that fight inflammation

Tips and tricks for the anti-inflammatory kitchen

Breakfast • Lunch • Snacks • Dinner • Dessert

£9.99



Tip!
Ginger and turmeric have become symbolic of the anti-inflammatory diet. And rightly so, because the powerful antioxidants and other plant substances in the small roots are literally off the charts.

Anti-inflammatory on your plate

There is no longer any doubt that food determines how your body feels, and the anti-inflammatory diet has long since proven to be your best bet for a safe path to health and vitality.

The beneficial effects of ginger, avocado, salmon, blueberries, kale and all the other amazing foods on the anti-inflammatory buffet have been established by scientists around the world. Every day, their findings are confirmed by all of us who can feel the effects on our own bodies.

Now we just need to get cooking!

The Anti-Inflammatory Cookbook offers an array of recipes with all the potent foods present. In other words, food bursting with anti-inflammatory power – and, just as importantly, food that tastes amazing!

A lot of work has gone into making this cookbook easy for you to use. The recipes are simple to follow, the ingredients are readily available in the supermarket – and they're affordable, too. Plus the emphasis is on cooking in a manageable amount of time so that a busy schedule doesn't get in the way of a healthy life. Try the Chunky Teriyaki Salmon on page 74 – it's ready to eat in just 20 minutes.

Every time you cook (and eat!) a meal from this book, you've taken a step towards a life without inflammation. And the further you go, the more you'll notice the effects on your own body: fewer sick days, greater resilience to stress, reduced joint pain, increased energy, better mood, healthy and strong. Every single day.

Bon appetit!

Contents

Living without inflammation

Eat yourself healthy 8

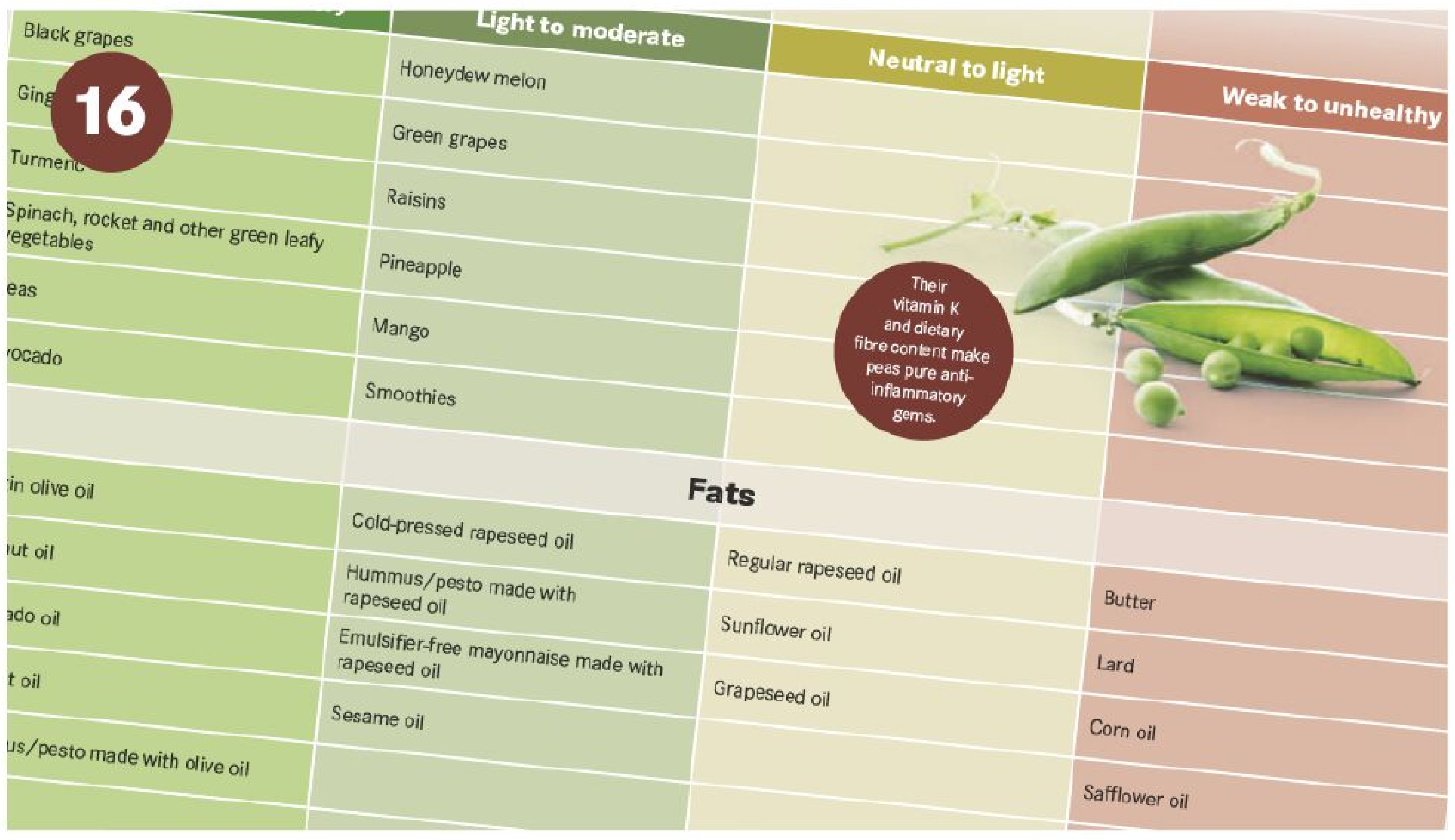
Your guide to the anti-inflammatory diet

Eat this, not that! 16

A look at the foods that fight inflammation

Get ready to cook 22

Introduction to anti-inflammatory cuisine



16

	Light to moderate	Neutral to light	Weak to unhealthy
Black grapes	Honeydew melon		
Ging	Green grapes		
Turmeric	Raisins		
Spinach, rocket and other green leafy egetables	Pineapple		
eas	Mango		
ocado	Smoothies		
	Fats		
in olive oil	Cold-pressed rapeseed oil	Regular rapeseed oil	
ut oil	Hummus/pesto made with rapeseed oil	Sunflower oil	Butter
ado oil	Emulsifier-free mayonnaise made with rapeseed oil	Grapeseed oil	Lard
t oil	Sesame oil		Corn oil
us/pesto made with olive oil			Safflower oil

Their vitamin K and dietary fibre content make peas pure anti-inflammatory gems.

28

46

Breakfast

Almond Blueberry Overnight Oats . . . 28
Blueberry Ginger Bowl 29
Avocado and Watercress Toast 30
Oat and Kale Pancakes 31
Cherry Yoghurt with Granola Bark . . . 32
Salmon Breakfast Sandwich 33
Turmeric Chia Porridge Parfait 34
Berry Breakfast Salad Bowl 35
Frittata Parmesan Muffins 36
Savoury Oatmeal 37

Lunch

Smoked Salmon Tartare 40
Nuts ’n’ Greens 41
Green Salmon Sandwich 42
Chilli Herring 43
Pearls, Peas & Pecans 44
Cabbage Salsa and Sardines 45
Kale Satay Salad 46
Salmon Ginger Ceviche 47
Spicy Prawn Avocado Salad 48
Chopped Chicken Sandwich 49

Snacks

Vanilla Ginger Shot 52
Raw Energy Sticks 53
The AI Booster 54
Toasted Almond Spread 55
Turmeric Carrot Smoothie 56
Chocolate Protein Bars 57
Almond Dip 58
Green Pea Dip 58
Spicy Chicks 59
Ginger Nuts 59

Dinner

Almond Crusted Salmon 62
Roasted Tomato and Cauliflower 64
Every Colour Bolognese 66
Almond Turmeric Falafel Plate 68
Salmon Soup 70
Celery Quinoa Salad 72
Chunky Teriyaki Salmon 74
BBQ Mushroom Kebabs 76
Mayo-Marinated Chicken Kebabs 78
The Big Greek Burger 80
Blueberry Protein Bowl 82
Steamed Lemon Halibut 84
Cauliflower Curry 86
Okonomiyaki Waffles 88
Bone Broth 90
Pesto 'n' Broth 92
Chilli Chicken Tomato Soup 93
Kale and Chicken Salad 94
Quinoa Chicken Congee 96
Fatty Fish Cakes 98
Chicken Chilli 100
Blackberry Black Bean Stir-Fry 102
Roasted Cauliflower Steaks 104
Spicy Spinach Soup 106
Shrimp and Cabbage Tostadas 108
Wholewheat Tostadas 110
Ginger-Pickled Brussels Sprouts 111
Smoked Salmon Teriyaki Bowl 112
Kale and Chicken Meatballs 114
Courgette Pasta with Anchovies 116

Desserts

Quinoa Chocolate Mousse 120
Raspberry Chocolate Chia Cookies . 121
Hazelnut Banana Shake 122
Avocado Fudge 123
Hazelnut Fudge 124
Frozen Blueberry Yoghurt 125
Chocolate Ginger Bites 126
Chilli Bites 127
Blueberry Waffles 128
Gingerbread Popcorn 129

Tip!
Forget the fat scare of the 90s! Fish oil and plant fats are pure liquefied health and play an indispensable role in the anti-inflammatory diet.

Chapter 1

Living without inflammation

Fatty fish, fresh berries, colourful vegetables and fiery ginger are the way to fewer sick days, less pain, increased energy levels and a better mood. Read on to learn how.

CookingClub

Tip!
Cruciferous vegetables are an indispensable part of the anti-inflammatory diet. Chop them finely to make them easier and more delicious to eat.

Your guide to the anti-inflammatory diet

Eat yourself healthy

Are you passionate about boosting your immune system through a nourishing diet? Then the anti-inflammatory diet is for you. Behind the mysterious-sounding name lies a fantastic dietary regime that's proven to contribute towards better health. However, the results only come if you get it right. Our guide teaches you everything you need to know about anti-inflammatory diets and their physical benefits.

Anti-inflammatory diet is the term on everyone's lips right now, particularly those of medical researchers. They're excited about the topic, with new evidence emerging daily that food can strengthen your immune system and thus benefit your overall health.

It may sound crazy that proper nutrition can take the edge off everything from osteoarthritis and eczema to diabetes and repetitive strain injuries, but the fact is that with the right dietary regime, you can support your immune system in its quest to keep your body healthy. In practice, this happens through a series of complicated physiological processes, all of which combine to make you more resilient.

Prepare your body for battle

Every day, tissues and cells are destroyed and worn down by exercise, mental strain, UV rays, unwanted chemicals and more, which means the immune system has to work around the clock to maintain the status quo.

Your immune system does its best to deal with all the damage and injuries that life throws at you. However, the strength of this personal defence system varies from individual to individual, and is especially challenged when you become ill. If your immune system isn't strong enough to cope with the disease or ▶

Meet the five staples of an anti-inflammatory diet

1. **Fruits, berries and vegetables**
2. **Omega-3 from fatty fish**
3. **Healthy plant fat**
4. **Beneficial gut bacteria**
5. **Powerful immune system boosters**

injury that strikes you, there's a high risk that the condition will take hold, negatively affecting your health and quality of life.

Therefore, one of the main goals of an anti-inflammatory diet is to reduce your immune system's everyday workload so that it can better cope with health challenges.

That's where fruit and veg come in. Every time you eat an apple, a handful of berries or a bowl of coleslaw, you add countless microscopic plant substances, known as antioxidants, to your body. Some of these nutrients become food for the beneficial bacteria in your gut; those that escape are absorbed elsewhere in your body, where they serve as an additional defence against unnecessary damage.

Studies show that after consuming fruit or vegetables, you'll find these restorative substances throughout your body: inside cells, in cell walls and beyond. The best example of how antioxidants benefit you is beta-carotene, which is famously found in carrots. If you eat lots of carrots, your complexion will eventually develop an orange glow, indicating that some of the beta-carotene has been deposited in the skin. Once there, it protects your body against harmful UV rays and prevents skin cells from being destroyed.

> **Regularly eating a generous helping of antioxidants is like putting on a suit of armour against everyday traumas**

Similarly, the blue-violet antioxidants in blueberries can be detected in your brain and muscles, the phytochemicals present in tomatoes turn up in your eye fluid, and ginger's microscopic substances appear in the tissue surrounding your joints.

Regularly eating a generous helping of antioxidants is like putting on a suit of armour against everyday traumas. The less damage you suffer during the day, the less effort your immune system has to put into healing minor ailments.

This frees up resources to deal with other problems, such as osteoarthritis in your hip or a strained circulatory system. In essence, eating a lot of fortifying fruit and vegetables relieves the immune system of some of its ▶

The best thing about eating an anti-inflammatory diet is the abundance of vegetables. I can feel the boost of energy and vitality they give me. At the same time, eating so many vegetables does wonders for my stomach.

Mette, age 47

Combining an anti-inflammatory diet and minor weight loss has done wonders for my cholesterol levels. In 12 weeks, I've gone from a level requiring medication to completely normal. My doctor says there's no way diet can make that much difference, but I KNOW it works. And the fact is, I'm off the medication!

Soren, age 51

After about a fortnight on the anti-inflammatory diet, I noticed a clear effect. The arthritis in my fingers, which had previously caused swelling and pain when I knitted, began to subside. And after less than a month, I was pain-free.

Lisa, age 56

Tip!
The more gentle the prep, the more powerful plant substances you retain. For example, try a short blanching with boiling water.

① Fruit, berries and vegetables

Fruits and vegetables provide the body with a wealth of microscopic plant substances that benefit your gut flora and protect the body's cells from unnecessary stress. At the same time, plant fibres contribute to healthy digestion, which, in turn, boosts energy, vitality and health.

If you do just one thing

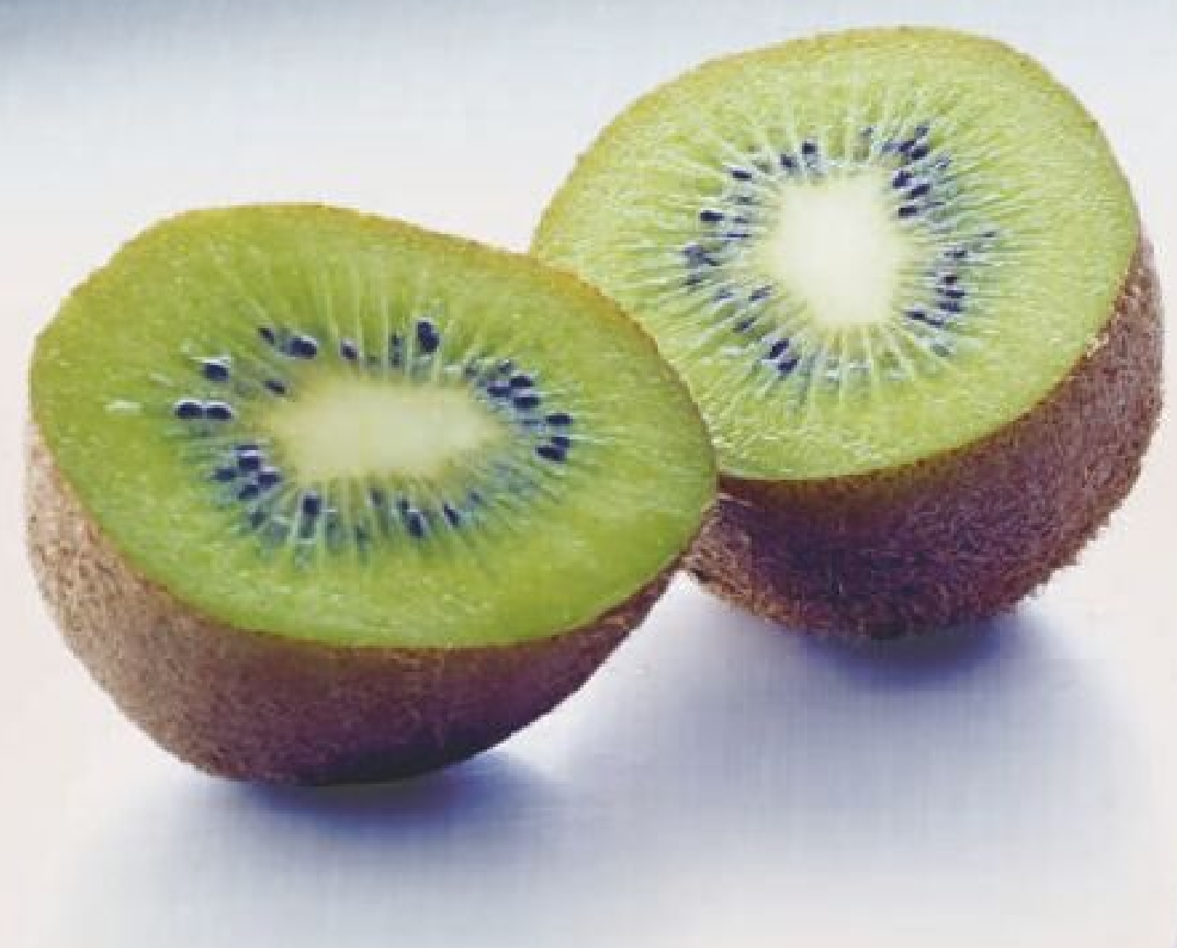
Start eating fruit and veg in the morning. This can be anything from some berries on your cereal or yoghurt to veg in your scrambled eggs.

Three focus areas

Include veg or fruit in all meals. They are most effective in the hours after you eat them. If you put all your veg and fruit in one meal, you'll get less benefit than if you spread them throughout the day.

Eat a variety of colours. Each colour represents a specific antioxidant, each with its own particular effect on the body. By eating different colours, you maximise your protection throughout the body.

Include berries and brassicas in your daily diet. All types of fruit and vegetables are healthy, but their potency varies. Berries and different varieties of brassicas have proven particularly potent in experiments. Therefore, it's a good idea to eat them daily.



load, which in turn enables it to channel more energy towards repairing previously sustained damage.

Turbocharge your healing

Facing the rigours of the day protected by a suit of antioxidant armour is a boon to your health. However, to realise the full potential of an anti-inflammatory diet, it's essential to consume nutrients that can help you heal from minor or major injuries as well. In particular, healthy fats from nuts, avocados, good plant oils and fatty fish play a key role in strengthening the immune system. Research shows that a diet rich in these fat sources contributes to a fortified immune system, empowered to respond to physical ailments. Many runners swear by fish oil capsules to heal them when they have knee pain, for example, because the oils can boost the immune system's capabilities.

> **In particular, healthy fats play a key role in strengthening the immune system.**

However, maximising the benefits of healthy fats is about more than just swallowing a spoonful of cod liver oil or a few fish oil capsules when you're injured. You have to give healthy plant fats a central place in your diet. It's also crucial that the amounts of fat are optimised to deliver a proven effect.

Every bite counts

A complete anti-inflammatory diet contains several other important foods. Examples include ginger and turmeric, which bridge the gap between fruit and veg and oils by protecting cells AND boosting the immune system's strength.

Fermented vegetables, such as kimchi, sauerkraut, and yoghurts with live cultures also play a vital role in an anti-inflammatory diet because they strengthen gut bacteria, which is also critical in building up the immune system.

Finally, watch out for potentially harmful foods. These include fruit and vegetables sprayed with pesticides; sauces, dressings or ready meals loaded with E-numbers; and fish contaminated with heavy metals. These should all be minimised as they contribute towards physiological stress, leading to a strained immune system.

2 Omega-3 from fatty fish

There are many good reasons to eat fatty fish such as mackerel, herring, salmon, trout and halibut. However, from an anti-inflammatory perspective, the overriding argument is the presence of omega-3 fatty acids, a subgroup of fish oils. Studies show that regular consumption of omega-3 fatty acids strengthens the immune system. That's why it's crucial to have oily fish on the menu regularly.

Three focus areas

Prioritise fatty fish. While the official recommendation is 200 grams of oily fish per week, it can make sense to eat three to four times that amount from an anti-inflammatory perspective.

Choose healthy versions. Analysis shows that large predatory fish often contain a lot of heavy metals. Therefore, you are better off eating mackerel and herring rather than swordfish and tuna. The latter is relatively low in omega-3 in any case.

Use supplements if necessary. If you find eating 100 grams of oily fish a day difficult, you can take fish, plankton, seaweed or algae omega-3 supplements. These provide the same healthy fatty acids.

If you do just one thing

Add healthy fat to every meal. Options include nuts, avocado, olive oil, hummus or oily fish.

③ Healthy plant fat

Many scientists consider Mediterranean cuisine to be the epitome of an anti-inflammatory diet. This is due to the abundance of sun-ripened fruit and vegetables and the way in which healthy fats from nuts, avocados and olives are incorporated into the dishes. Like fish oils, healthy plant fats can boost the immune system's strength, so it's essential to include them in your daily diet.

Three focus areas

Include a source of healthy fats in every meal. This way, you'll almost guarantee a sufficient daily intake. For example, add almonds to your yoghurt or cereal in the morning, spice up your lunch with avocado, and drizzle olive oil over your evening salad.

Choose oil wisely. Much of the nutritional power is hidden in the botanicals that accompany the oils. Therefore, choose those that are as naturally powerful as possible – for example, use cold-pressed virgin olive oil rather than a more processed variety, and fresh avocado, whole nuts and almonds rather than oils made from them.

Make room for calories from fat. In most cases, it's a good idea to create a calorific space for healthy plant fats by removing other sources of fat in your cooking. For example, use pesto instead of butter on your bread, fry with a good vegetable oil instead of butter or margarine, and skip creamy salad dressings in favour of oil-and-vinegar ones.

Cascina San Giovanni
OLIO DI OLIVA EXTRAVERGINE NOVELLO
DON CORLEONE
NEUE ERNTE - NOUVELLE RÉCOLTE
NUOVA RACCOLTA - NEW HARVEST
500 ml
16,90 fl oz

④ Beneficial gut bacteria

A robust gut microbiome has a significant impact on the overall power of the immune system. Among other things, the bacteria in your gut sort out friend from foe when food and other substances you swallow enter the gut, and they also help regulate your immune system. Your gut microbiome is strengthened by fruit, vegetables and other healthy foods that act as nutrients for the bacteria present. However, these can be given a helping hand if you consume probiotics, which reinforce beneficial bacteria.

Three focus areas

Eat and drink yoghurt with live cultures and probiotics. Several types are available at your local supermarket, including Activia-type yoghurts and kefir. Consume them in the morning for breakfast or add them to homemade smoothies or dressings.

Experiment with fermented foods. Kimchi, sauerkraut and pickles are just a few examples of foods that your gut would love you to put on the menu more often.

Supplement with lactic acid bacteria if your tummy is upset. You can also supplement with dietary fibre, such as psyllium husks, which both nourish gut bacteria and soften stools in the intestines, easing digestion and constipation.

If you do just one thing

Increase fibre by looking for wholegrains when buying bread, rice and pasta, and add root vegetables to your dinner.

5 Powerful immune system boosters

A diet rich in fruit, vegetables and healthy fats goes a long way. However, you can use other powerful ingredients to boost your immune system. In particular, ginger and turmeric are favoured by researchers because they provide protective antioxidants and can boost the immune system.

Three focus areas

Eat ginger and turmeric every day. It doesn't matter if you take them raw, dried or in supplement form as long as you get them in your diet. Shots, smoothies and supplements are all legitimate forms of consumption.

Adjust for the loss of ingredients when making shots. You only get about half the amount if you run the raw ingredients through a sieve or filter. Therefore, you should be extra generous with the quantities.

Be careful. Ginger and turmeric are VERY powerful foodstuffs that can sometimes cause the immune system to go into overdrive. Check how your body reacts when consuming them, and stop if it responds negatively.

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Tip!
If you prefer to peel ginger, for example, use a vegetable peeler that only removes the outer layer. Get more food-prep tips on page 23.

Anti-inflammatory Q&A

When you embark on an anti-inflammatory lifestyle, it can raise many questions. Here are the experts' answers to some of the most common ones.

How do I know if I have inflammation in my body?

You can't directly measure inflammation without using blood tests and lab equipment. However, there will typically be signs in the form of diseases or conditions known to be driven by inflammation. These include diabetes, osteoarthritis, psoriasis, cardiovascular disease, eczema, asthma and repetitive strain injuries. Often, inflammation manifests as swelling, warmth, redness and pain around the affected area.

What does belly fat have to do with inflammation?

Too much belly fat can itself cause inflammation. This is because the fat inside the abdominal cavity produces enzymes and hormones that act in a pro-inflammatory way. As a guideline, a waist measurement of less than 88 cm for women and 102 cm for men is most healthy. Measure between the top of the waist and the bottom rib (feel the side – it is not necessarily where you are the slimmest). The good news is that by following the anti-inflammatory dos and don'ts in this programme, you'll have the most positive effect on your waistline.

Do all meals have to be based on fresh ingredients for the diet to work?

There's nothing wrong with using frozen or tinned food. It's often easier and cheaper when it comes to fruit and veg, for example. For fish, marinated white herring and tinned mackerel are good choices.

Is it all for nothing if I deviate from the diet for a day or two?

No, your body is unlikely to suffer from the odd day of deviation – at least if your health challenges are mild to moderate. However, the more severe your condition, the more important it is to stay on track. Even one day off or just a single unhealthy meal can weaken your body for days. If you frequently fall off the wagon, you risk missing out on the soothing effects of your diet.

Are there heavy metals in canned fish?

Yes, it often happens. The metals are not typically ones that are released from packaging, but rather ones that the fish have absorbed through their food. Large predatory fish such as tuna, halibut, skate, pike, swordfish, perch and sand eels are, therefore, more affected than smaller fish.

What if I can't afford to buy organic?

Eating 100 per cent organic is not a prerequisite for your success with an anti-inflammatory diet. So, if money is tight, you can still follow the dietary principles. If there is some room in your budget to prioritise a few organic produce, make them wholegrains, fruit and vegetables eaten with their skins, such as apples, pears, broccoli, wholegrain bread, brown rice and so on. Unfortunately, there can be a lot of hidden pesticide residues, which are virtually impossible to get rid of by washing alone. By going organic, you eliminate this potential health hazard.

How quickly does the anti-inflammatory diet work?

The effect is pretty much immediate. As soon as you start putting healthy food into your stomach, it has a favourable impact on the rest of your body. That's not to say that you can expect noticeable results after just 24 hours; it usually takes several days, if not weeks, for the benefits to become apparent.

Wait, there's more ...

An anti-inflammatory lifestyle isn't just about what you do and don't eat. Other factors also play a part in boosting your immune system. Some of the most important are:

Sleep. A solid night's sleep contributes to the body's healing and has a crucial impact on the immune system's strength.

Exercise. Regular exercise helps to fortify the immune system. But don't overdo it if you're already sick. You need to cut back on exercise if you're ill to give your immune system a chance to return to normal.

Stress. Chronic stress contributes to inflammation. Try to avoid sources of stress and consider meditative practices and other activities that foster mental well-being.

A look at the foods that fight inflammation

Eat this, not that!

Is it OK to drink coffee? Are peas anti-inflammatory? And what about that Greek yoghurt you love so much? There are lots of questions when it comes to working out what food is anti-inflammatory and what is not.

It's no picnic trying to determine which food is anti-inflammatory and what you should avoid. To help you out, we've compiled a list of a wide range of foods and ranked them based on their anti-inflammatory qualities – or lack thereof.

Please note that the lists are only intended to give a quick overview of the topic. Obviously, they cannot take individual needs into account, so it's important that you always bear your body's specific requirements in mind.

For instance, if you are gluten intolerant, it makes no difference that rye bread is an anti-inflammatory gem. For you, any bread that contains gluten is problematic. Similarly, a nut allergy sufferer isn't interested in the fact that nutritionists love hazelnuts.

If you get stomach pain whenever you eat certain vegetables, you should listen to your body rather than slavishly follow the recommendations on the list. In general, we advise that you base all food choices on your body's personal tolerances. If your body tells you via abdominal pain, bloating, fatigue, eczema or other signs that certain foods are bad for you, remove them from your diet.

The anti-inflammatory diet is first and foremost about eating health-boosting foods that are good for the body. If certain foods don't work for you, simply replace them with others that do. This is a crucial step on your anti-inflammatory journey.

We have selected a wide range of foods and divided them into the following categories:

Highly anti-inflammatory
Foods that are at the top of the category and have well-documented benefits for the body.

Light to moderately anti-inflammatory
Foods that are healthy and possess several qualities that make them anti-inflammatory – but not quite on a par with the best.

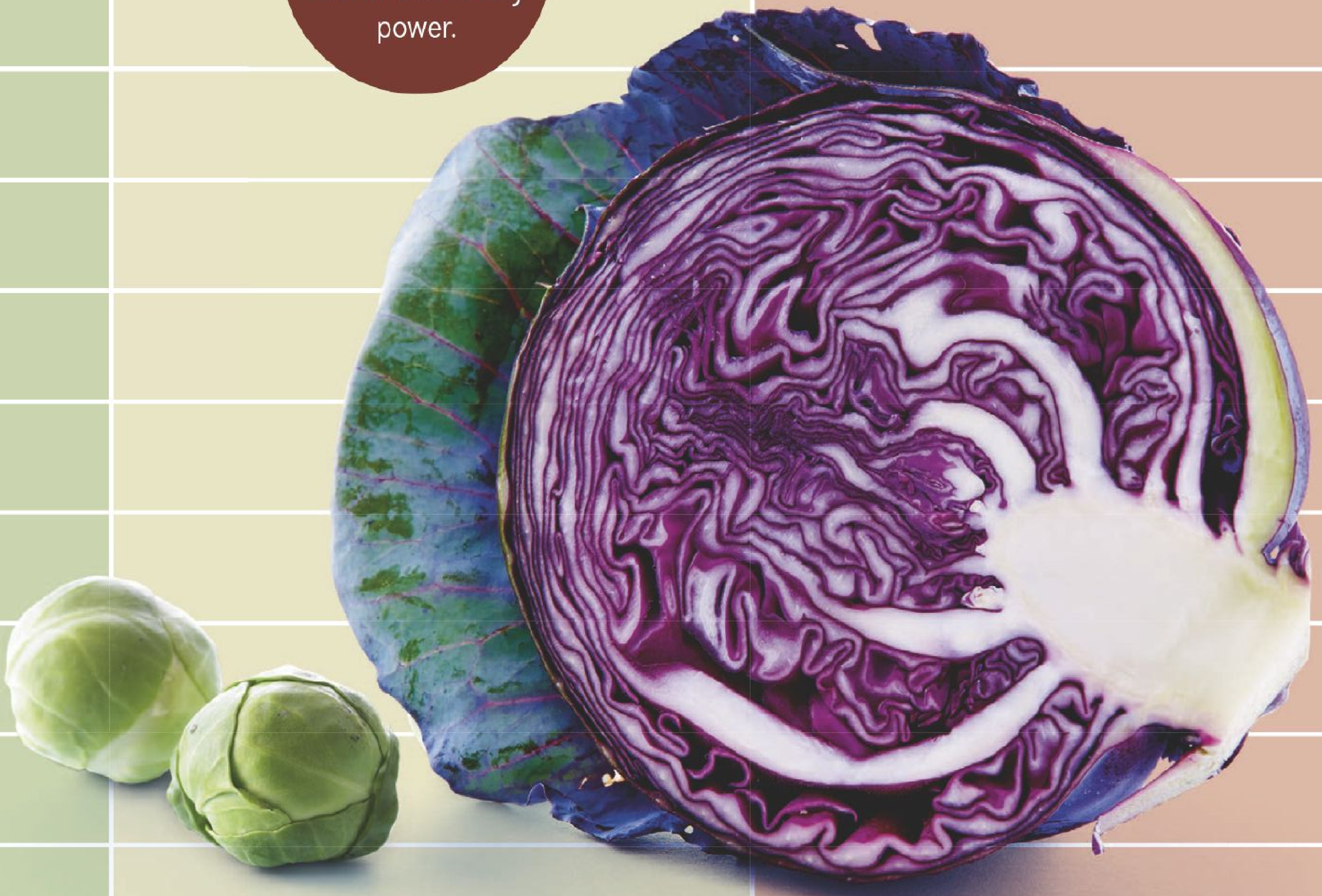
Neutral to light
Foods that do not have significant anti-inflammatory qualities per se, but are not harmful to health.

Weak to downright unhealthy
Foods that potentially feed inflammation in your body. This category also covers foods that are completely devoid of any nutritional value.

Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
Fruit and vegetables			
Blueberries, blackberries, raspberries and other berries	Beetroot	Iceberg lettuce	Jam and marmalade
Broccoli	Parsnip	Butterhead lettuce	Sweetened dried fruit
Cauliflower	Black salsify	Cucumber	Chips and other fried potatoes

Brussels sprouts	New potatoes	Other potatoes	
White and red cabbage	Sweet potato	Pumpkin	
Sweetheart cabbage	Carrot	Turnip	
Kale and cavolo nero	Tomatoes	Bananas	
Savoy cabbage	Sweetcorn	Juice	
Cherry tomatoes	Squash		
Olives	White asparagus		
Sauerkraut and kimchi	Celery		
Green asparagus	Dried figs and dates		
Garlic	Dried spices		
Red onion	Dried beans and lentils		
Brown onion	Chickpeas		
Spring onions	Green beans		
Chilli	Aubergine		
Fresh herbs	Mushrooms		
Oranges, lemons and limes	Apples		
Kiwi	Pears		
Pomegranate	Watermelon		

Cabbages big and small are packed with anti-inflammatory power.



Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
Black grapes	Honeydew melon		
Ginger	Green grapes		
Turmeric	Raisins		
Spinach, rocket and other green leafy vegetables	Pineapple		
Peas	Mango		
Avocado	Smoothies		
Fats			
Virgin olive oil	Cold-pressed rapeseed oil	Regular rapeseed oil	Butter
Walnut oil	Hummus/pesto made with rapeseed oil	Sunflower oil	Lard
Avocado oil	Emulsifier-free mayonnaise made with rapeseed oil	Grapeseed oil	Corn oil
Peanut oil	Sesame oil		Safflower oil
Hummus/pesto made with olive oil			Palm oil
			Emulsifier-rich dressings
			Margarine
			Coconut oil
			Unspecified vegetable oils

Their vitamin K and dietary fibre content make peas pure anti-inflammatory gems.

Olives – especially the oil from them – are bursting with beneficial mono-unsaturated fats.

Nuts and salty snacks

Hazelnuts	Linseed	Brazil nuts	Sugar- and chocolate-coated nuts
Walnuts	Hemp seeds	Coconut	Crisps
Almonds	Sunflower seeds	Pistachios	Cheese puffs
Peanuts	Pumpkin seeds	Unsalted popcorn	Sweet or salty popcorn
Macadamia nuts	Salted almonds	Salted peanuts	Pretzel sticks
Pecans	Sesame seeds		
Cashews	Poppy seeds		

Dairy products

Probiotic natural low-fat yoghurt	Feta cheese	Milk (<2% fat)	Whole milk
Kefir	Extra mature cheese	Semi-hard cheese	Crème fraiche
Yakult	Natural skyr	Soya drink and yoghurt	Cream
Lactose-free milk	Greek yoghurt (2% fat)	Greek yoghurt (10% fat)	Ice cream
Actimel	Goat's cheese	Low-fat cottage cheese	Processed cheese
	Buttermilk	Oat drink	Fruit yoghurt
	Parmesan and other hard cheeses	Almond drink	Rice drink
		Coconut milk	

Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
	Fish and meat		
Mackerel	Tinned cod roe	Chicken	Deep-fried fish
Herring	Eggs	Turkey	Swordfish
Salmon	Plaice	Free-range, organic beef and pork	Tuna in water
Turbot	Coley	Game	Bacon
Trout	Cod	Tuna in olive oil	Classic ready meals
Sardines	Prawns, mussels, lobster and other seafood		Pizza and other junk food
Anchovies	Halibut		Sausages and other processed meats
Whitebait			Grain-fed beef and pork
Smoked cod roe			
Lumpfish caviar			
	Grain-based products		
Sourdough-based wholemeal rye bread	Plain rye bread	White rice	Cake
Barley grains and flakes	Bulgur wheat	White pasta	Coco Pops, Frosties and other sugar-filled cereals
Chia seeds	Sprouted grain bread	Wholemeal flour	Plain biscuits and cookies
Quinoa	Pearled spelt	All-Bran, Cheerios and so on	
Rolled oats	Wholewheat pasta		

Anchovies are an often-overlooked source of beneficial omega-3 fats.

	Brown rice		
	Pearl barley		
	Wholegrain crispbread		

Rolled oats are an excellent source of anti-inflammatory goodness.

Miscellaneous

White tea	Black tea	Red wine and beer in small quantities, maximum two units	Sugar
Herbal tea	Green tea	Coffee	Sweets
Chamomile tea	Water	Dark chocolate (<65% cocoa)	Sugary soft drinks
	Dark chocolate (>65% cocoa)	Honey	Sugar-free confectionery and diet soft drinks
		Stevia	Red wine and beer in larger quantities
			Spirits and alcopops
			Milk chocolate and white chocolate

If you crave something sweet, a small piece of dark chocolate is a great choice.

Introduction to anti-inflammatory cuisine

Get ready to cook

It's time to get cooking. Over the next few pages you'll gain some insider knowledge about the foods featured in the recipes. You might even bust a myth or two along the way.

First and foremost: clean the veg! Even if the recipe doesn't say so, vegetables, fruit, berries and fresh herbs should be cleaned or rinsed before use. If you buy organic, only dirt and soil should be rinsed off. If you buy non-organic, you should also try to remove pesticide residues and surface treatments.

Ginger and turmeric. These little roots are two of the biggest stars in anti-inflammatory cuisine and are used in many recipes, either in fresh or dried (ground) form.

Freshly grated ginger is simply fresh ginger root grated using a fine grater. But you can save time and effort by using the pulp left over from ginger shots, too. Of course, some of the juice is pressed out in the shot, so expect to use 1½–2 times as much pulp as the stated amount of freshly grated ginger.

Berries. Soft fruits are another great hero in the anti-inflammatory cupboard – particularly darker ones, such as blackberries, black grapes, blackcurrants and blueberries (even if they're not completely blue, the good stuff is mainly in the skin). Raspberries, redcurrants and strawberries are also welcome.

Brassicas. The more types of cruciferous veg you eat, the wider the variety of healthy nutrients you'll get. But even though our recipes are designed for one type of brassica, you can usually replace it with another. For example, you can replace Tuscan kale with curly kale, or red cabbage with pointed cabbage if it suits the season or what you have to hand. Just make sure you don't stick to the same variety every time.

The recipes state whether brassica leaves should be whole or chopped, but this isn't essential for health reasons. Feel free to use chopped and rinsed kale and cabbage straight from the supermarket. However, the shelf life of chopped brassicas – and in particular their nutrients – is shorter than that of whole heads.

Salmon and other fatty fish. Much has been said and written about the quality of farmed fish, especially salmon, and their environmental impact. The emergence of ASC certification has meant better regulation of fish farms, so look for the "ASC Certified Seafood" label when you buy fish.

Avocado. It's a lottery whether an avocado is ready to eat. One trick is to press lightly on the top of the fruit. If it gives slightly, it's probably slightly ripe and easy to cut. If the whole fruit gives, it's very ripe. Some recipes (such as Avocado Fudge on page 123) use a very ripe avocado because the flesh is soft like butter.

Onions. All onions are packed with anti-inflammatory power, but for the sake of simplicity, I've limited myself to using three types in the recipes: garlic, red onion and spring onion. Onions come in many sizes, so consider the sizes given as a guide and adjust up or down according to taste and occasion.

Chilli pepper. I'm a big fan of fresh chillies. These fiery little fruits boost all flavours and are packed with nutrients. As you probably know, there's a huge difference in the strength of different types of chilli. In the recipes, you can therefore choose the type that suits your taste. Most of the fire is in the white pith and seeds. Cut them out if you want to reduce the heat a little.

Fresh herbs. Use plenty – and preferably more than I've indicated in the recipes. Whether you have a vegetable garden, space on your windowsill or even just a corner of your kitchen worktop, cultivate fresh herbs to enjoy the wonderful flavours and pure healthiness of hearty amounts of parsley, basil, coriander and other herbs.

Spices

- Cayenne pepper
- Smoked paprika
- Cumin
- Curry powder
- Dried oregano
- Bay leaves
- Ground ginger
- Ground turmeric
- Cinnamon
- Vanilla, sticks & powdered
- Dark cocoa
- Sea salt
- Black pepper, ground (and peppercorns)

Dried spices. I've chosen to use a manageable selection of spices in the book's recipes, because this isn't where the battle against inflammation should be fought (a wide variety of veg is far more important). But if you want to vary the flavours further, feel free to get fancy with the spices, and use some of your own favourites from the shelf...

▶

The right tools

Anti-inflammatory dishes can be made with ordinary utensils, but a few good tools can make things a lot easier.

Knives. The list of tools could end here, because a few good, sharp knives are essential in the anti-inflammatory kitchen. Make sure you have a large chef's knife and a small herb knife as a minimum. Keep them sharp by sharpening them from time to time – and always wash them by hand, never(!) in the dishwasher.

Chopping board. It's often overlooked, but a sturdy and non-slip chopping board can make the difference between success and failure when chopping cabbage. Place a few sheets of damp paper towel under the chopping board to help it stick better.

Grater. A classic box grater with different coarse and fine teeth on the sides can do the trick. If you want to treat yourself, get a fine grater with handles for citrus peels and ginger.

Kitchen scales. The more accurate the better (if you want to follow the book's recipes to the letter).

Storage boxes. Whether you're roasting nuts, chopping pesto or simply storing leftovers in the fridge, good storage boxes are indispensable. It's important that your tins, jars or containers have tight-fitting lids to extend shelf life and flavour.

Disposable gloves. If you've ever worked with fresh turmeric root or pomegranate, you know that disposable gloves can come in very handy!

Kitchen appliances. Food processor, blender, mini chopper… Which is best? A food processor is an excellent tool for chopping, slicing, grating and, to some extent, blending – for example, the solid dough for the confectionery balls on page 126. A blender is best for liquids, such as the indispensable ginger shot (p 52). A mini chopper is, of course, good for small portions. The recipes list the appliance that makes the most sense for the task at hand, but often one of the other two will do the job. If you have a multi-purpose machine with both small and large blender jugs, you're all set. An electric hand mixer will help when you need to mix meatballs or whip mayonnaise, but a whisk can also do the job. But remember, before machines took over the kitchen, we could cook almost anything with a good knife and a mixing bowl…

Sieve/strainer. A few different-sized strainers will come in handy, for example when rinsing vegetables. A fine mesh sieve is helpful if you want to avoid too much of the filtered ginger pulp ending up in your ginger shots.

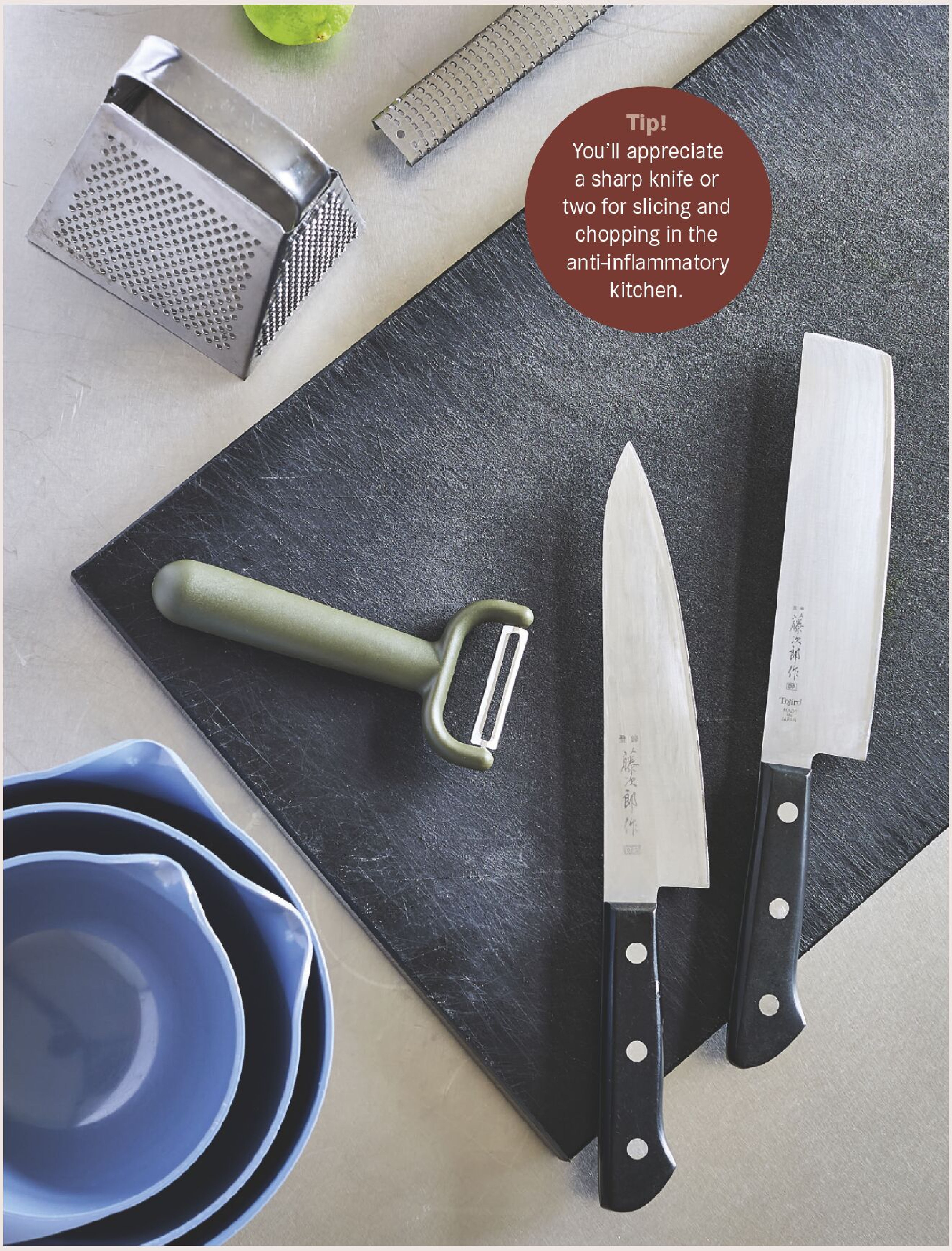
Vegetable peeler/Y peeler. Look for a type that peels as thinly as possible. This is partly to preserve most of the healthy substances often found just under the peel, and partly to plane ultra-thin slices of ginger or garlic, for example.

Stove. An oven and a couple of hotplates or burners, with a frying pan, a saucepan and a medium-sized pot can get you safely through the recipes. Only the broth on page 90 requires a large soup pot. All the recipes use the following terms for heating on the hob:

Hob settings

on a scale from 1-9:

2-3: Low
4-6: Medium
7-8: Medium-high
8-9: High



Tip!
You'll appreciate a sharp knife or two for slicing and chopping in the anti-inflammatory kitchen.

Salt. Salt and health are interconnected. Not necessarily in relation to inflammation, but in relation to your blood pressure, among other things. If you often eat ready meals, you probably get a lot of salt in each one. The food in my recipes is salted 'just right', but deliberately at the lower end of the scale, so that you can increase it to your tastes. The type of salt is not crucial. I personally prefer sea salt, either finely ground or flaked.

Pepper. Freshly ground black pepper is used in the recipes. You can choose the amount to taste. I love plenty of pepper myself. Bonus info: the substance piperine, which gives the pepper its potency, is important for the body's absorption of turmeric.

Nuts. All nuts (except coconut) contain good monounsaturated fat. However, a wide variety will give you a wider range of nutrients and a good variety of flavours. But nuts, like cabbage, are largely interchangeable. For example, if you don't have pecans, you can use walnuts. If you don't have cashews, use peanuts. If you don't have hazelnuts, get your hands on some... Roasted hazelnuts taste wonderful!

(Coconut contains saturated fat, which, like animal fat, puts a strain on your arteries.)

Grains and seeds. The fat in seeds and grains is not nearly as beneficial as that in nuts. That's why they're used in small doses to add flavour (such as a toasted sprinkle on salads) to encourage you to eat more amazing veg.

Quinoa and chia seeds. No rule without exceptions... Quinoa and chia seeds contain healthy fats, plenty of fibre and protein, and can be enjoyed in larger quantities. I've chosen red quinoa in the recipes as it doesn't boil dry as easily. And the colour is more attractive.

Nuts, grains and seeds

- Almonds
- Walnuts
- Hazelnuts
- Pecans
- Cashew nuts
- Peanuts
- Sesame seeds
- Poppy seeds
- Chia seeds
- Quinoa
- Coconut flour
- Coconut milk

Oils. Basically, I use olive oil in all my recipes because olive oil is the best anti-inflammatory choice and because I love the flavour. The oil must be extra virgin, in other words from the first cold pressing. Rapeseed, avocado or walnut oil contain the same good monounsaturated fatty acids and are great alternatives if you prefer them.

Vinegar. There are several opinions about vinegar's health benefits, cider vinegar in particular, but no firm conclusions. In recipes, therefore, vinegar is primarily used for flavour.

Dressings and condiments

- Olive oil
- Cider vinegar
- Balsamic vinegar
- Soy sauce
- Acacia honey
- Coarse mustard
- Tahini
- Concentrated tomato paste
- Stock or stock cubes (but make your own broth instead)

Dairy. In an anti-inflammatory context, milk from cows is generally not problematic. Probiotic yoghurts – yoghurt fermented with lactic acid bacteria such as bifido or acidophilus – play a particularly important role. The health challenge with cow's milk is the saturated fat content, so choose the leanest dairy products you can get your hands on.

Examples of probiotic yoghurts include kefir and unflavoured natural yoghurt with no sugar or sweetener. In the recipes (and nutritional calculations), a low-fat (0.4%) natural yoghurt is used. If you prefer the protein-rich, low-fat skyr, I suggest you mix probiotic yoghurt and skyr 50/50. It gives you the best of both worlds.

Fatty cheeses don't really belong here, but Parmesan, for example, sneaks under the radar in small quantities due to its high protein and calcium content. Feta is occasionally used as a savoury and salty condiment. If you can get your hands on feta made from goat's milk, it provides a source of lactic acid bacteria.

Supermarket plant milks, nut milks or plant drinks should be avoided. You can buy reputable products, but in this issue I've made a homemade almond milk (see page 29).

Bread. A good rye or wholemeal loaf contains plenty of dietary fibre and is therefore part of the anti-inflammatory palette. Choose rye bread with at least 8% fibre, and wholemeal bread with at least 3%. If you bake your own, I recommend white wholemeal flour, which is a high-fibre, finely ground wholemeal flour. For example, try the bread rolls on page 42, which contain as much as 7% fibre.

Pasta and rice. Can you eat pasta and rice? Yes, but again only the wholemeal varieties are welcome. Choose pasta with at least 6% fibre, and rice with at least 3%. Remember that your satiety should come primarily from veg, so use the carbs here as extra fuel for exercise.

Oats. Oats are an excellent wholegrain product packed with fibre, vitamins and minerals. Whether you choose fine or coarse oats has no effect on health, but some recipes benefit from the texture of coarse oats. If so, this is indicated in the ingredient list.

Acacia honey. While any sugar is on the blacklist, honey makes a guest appearance from time to time. Honey is still sugar, but with the addition of vitamins and minerals. The recipes use runny acacia honey, which has a mild flavour and is easy to measure out.

Dried fruit offers another path to sweetness, where the sugar is accompanied by fibre and other nutrients. Dates come in several varieties, some with a thick skin, others with a soft, thin skin. I prefer the soft ones that can be easily mashed. Hard, chewy Medjool dates can be soaked in boiling water before use.

Broth/soup and stock. I recommend you make a portion of broth as soon as possible (see page 90). The homemade broth adds body, flavour and health to several recipes. If you're short on time, use concentrated stocks in cube, powder or liquid form instead. However, read the packaging carefully as many pre-made stocks, including some organic ones, consist mainly of salt, sugar and palm oil.

Speaking of saturated fat... You might ask "Where's the meat?" Meat from four-legged animals has several things going against it: saturated fat content, suspected risks of cancer from red meat, the negative effect of beef on certain types of arthritis, animal welfare (or lack thereof) and climate impact. Organic free-range cattle and venison are better in many ways, but I'll leave it up to you to choose the meat. In this cookbook, it's fatty fish and lean poultry on the menu. Along with plenty of vegetables, of course.

How to follow the recipes

The recipes are organised in a similar way, so you'll get to know them quickly.

The nutritional calculations: olive oil and almonds contain more calories than cream puffs and fizzy drinks, so calories alone are not an indication of anti-inflammatory health. In developing the recipes, I have only used the calculations as a tool to ensure that the overall calorie and energy distribution of the meals is appropriate. But if you prefer to keep an eye on the calories, here they are.

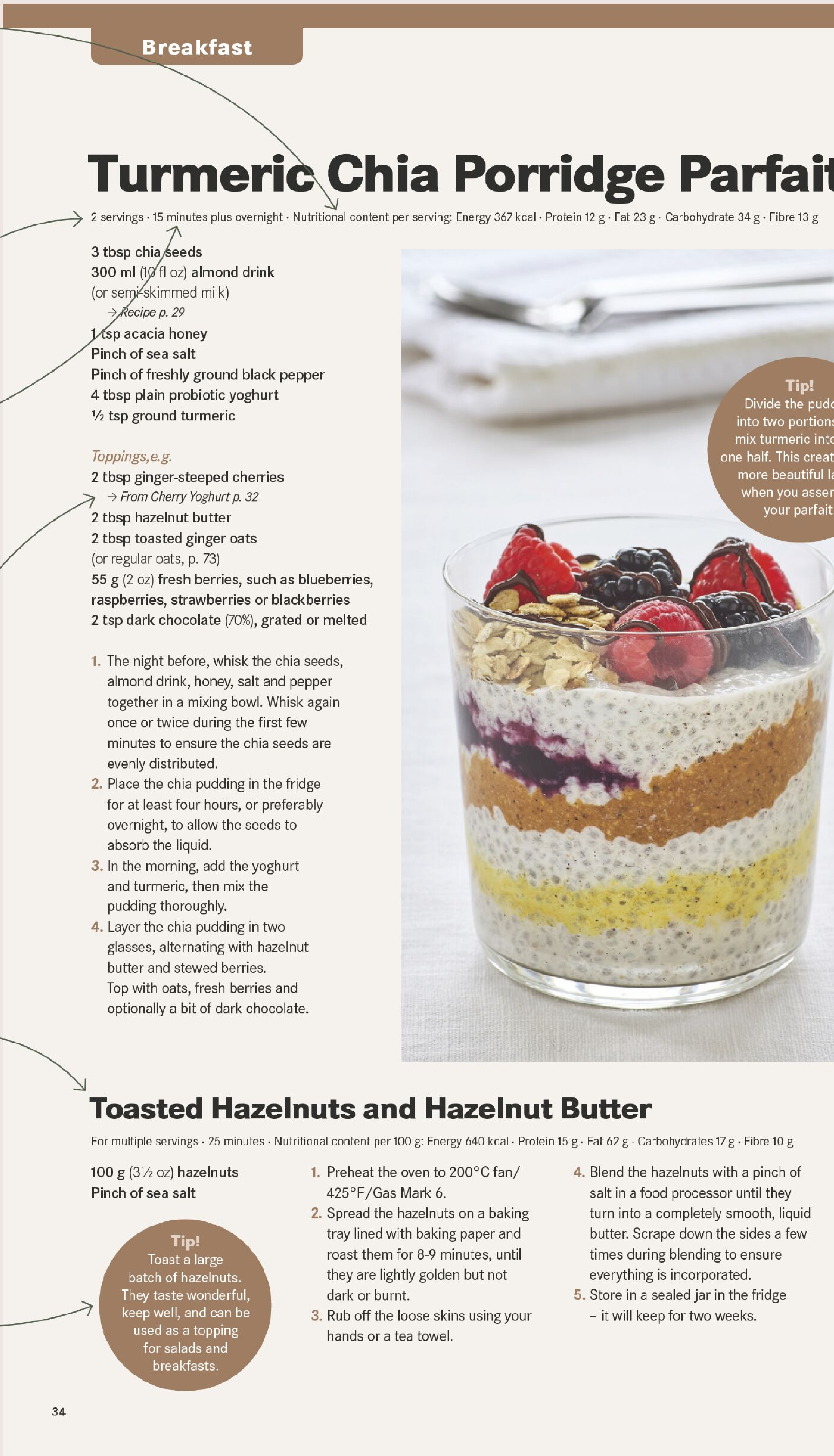
The recipes serve two. Except when they don't... You can see that right here.

The cooking times are just a guide. They are an average of the times I've tested the recipes and rounded up a little. Maybe you're faster with a knife, maybe your hob takes a while to heat up, maybe your spouse arrives and needs a snack in the middle of it all (this is often the case at home!). Don't sweat if it takes you longer than indicated... This is just to give you an idea of how long it takes for your food to be ready.

The references are to recipes for roasted nuts, homemade almond milk, broth or some of the other delicacies that are good to keep in the cupboard, fridge or freezer. You can make them from time to time, but it takes a little extra effort when you're hungry. See more below.

The mini recipes stand on their own, even though they're part of the meal. This is because they're also used in other dishes in the book and should be easy to (re)discover. It often pays to make larger portions of the mini recipes so that they're always ready for when you need them.

The tips are worth checking out. This could be advice on preparation, how to avoid food waste, or suggestions for alternative ingredients (for example, if you've run out of homemade stock).



Breakfast

Turmeric Chia Porridge Parfait

2 servings · 15 minutes plus overnight · Nutritional content per serving: Energy 367 kcal · Protein 12 g · Fat 23 g · Carbohydrate 34 g · Fibre 13 g

3 tbsp chia seeds
300 ml (10 fl oz) **almond drink**
(or semi-skimmed milk)
→ *Recipe p. 29*
1 tsp acacia honey
Pinch of sea salt
Pinch of freshly ground black pepper
4 tbsp plain probiotic yoghurt
½ tsp ground turmeric

Toppings,e.g.
2 tbsp ginger-steeped cherries
→ *From Cherry Yoghurt p. 32*
2 tbsp hazelnut butter
2 tbsp toasted ginger oats
(or regular oats, p. 73)
55 g (2 oz) **fresh berries, such as blueberries, raspberries, strawberries or blackberries**
2 tsp dark chocolate (70%), **grated or melted**

1. The night before, whisk the chia seeds, almond drink, honey, salt and pepper together in a mixing bowl. Whisk again once or twice during the first few minutes to ensure the chia seeds are evenly distributed.
2. Place the chia pudding in the fridge for at least four hours, or preferably overnight, to allow the seeds to absorb the liquid.
3. In the morning, add the yoghurt and turmeric, then mix the pudding thoroughly.
4. Layer the chia pudding in two glasses, alternating with hazelnut butter and stewed berries.
   Top with oats, fresh berries and optionally a bit of dark chocolate.

Tip!
Divide the pudd
into two portions
mix turmeric into
one half. This creat
more beautiful la
when you assem
your parfait

Toasted Hazelnuts and Hazelnut Butter

For multiple servings · 25 minutes · Nutritional content per 100 g: Energy 640 kcal · Protein 15 g · Fat 62 g · Carbohydrates 17 g · Fibre 10 g

100 g (3½ oz) **hazelnuts**
Pinch of sea salt

Tip!
Toast a large batch of hazelnuts. They taste wonderful, keep well, and can be used as a topping for salads and breakfasts.

1. Preheat the oven to 200°C fan/ 425°F/Gas Mark 6.
2. Spread the hazelnuts on a baking tray lined with baking paper and roast them for 8-9 minutes, until they are lightly golden but not dark or burnt.
3. Rub off the loose skins using your hands or a tea towel.
4. Blend the hazelnuts with a pinch of salt in a food processor until they turn into a completely smooth, liquid butter. Scrape down the sides a few times during blending to ensure everything is incorporated.
5. Store in a sealed jar in the fridge – it will keep for two weeks.

34

Tip!
Sweet berries are some of the biggest stars in an anti-inflammatory diet. Dark ones like blueberries, blackberries, blackcurrants and black grapes pack a powerful punch, but raspberries, redcurrants and strawberries also deserve a spot on your plate.

Chapter 2

Breakfast

Breakfast is the perfect opportunity to lay the foundation for a great anti-inflammatory day. Here's some inspiration for delicious new beginnings.

Almond Blueberry Overnight Oats

If your mornings are busy, overnight oats are a quick route to a healthy start to the day.

Serves 2 · 10 minutes plus overnight · Nutritional content per serving: Energy 433 kcal · Protein 14 g · Fat 24 g · Carbohydrate: 47 g · Fibre 10 g

25 g (1 oz) **almonds**
55 g (2 oz) **oats, preferably coarse**
55 g (2 oz) **raisins**

3 tbsp desiccated coconut
Pinch of sea salt
½ tsp freshly grated ginger
240 ml (8 fl oz) **almond drink**
(or semi-skimmed milk)
→ *Recipe p. 29*
4 tbsp plain probiotic yoghurt

Toppings
25 g (1 oz) **almonds**
100 g (3½ oz) **fresh blueberries**

1. The night before, finely chop the almonds. Mix them well with the oats, raisins, coconut, salt, ginger and almond drink in a bowl.
2. Cover the bowl with cling film and place it in the fridge overnight.
3. In the morning, take your overnight oats out of the fridge and stir in the yoghurt. Divide the mixture into two serving bowls and top with additional chopped almonds and berries.

Tip!
Use an almond drink without additives – especially emulsifiers – or make your own so you know exactly what's in it.

Blueberry Ginger Bowl

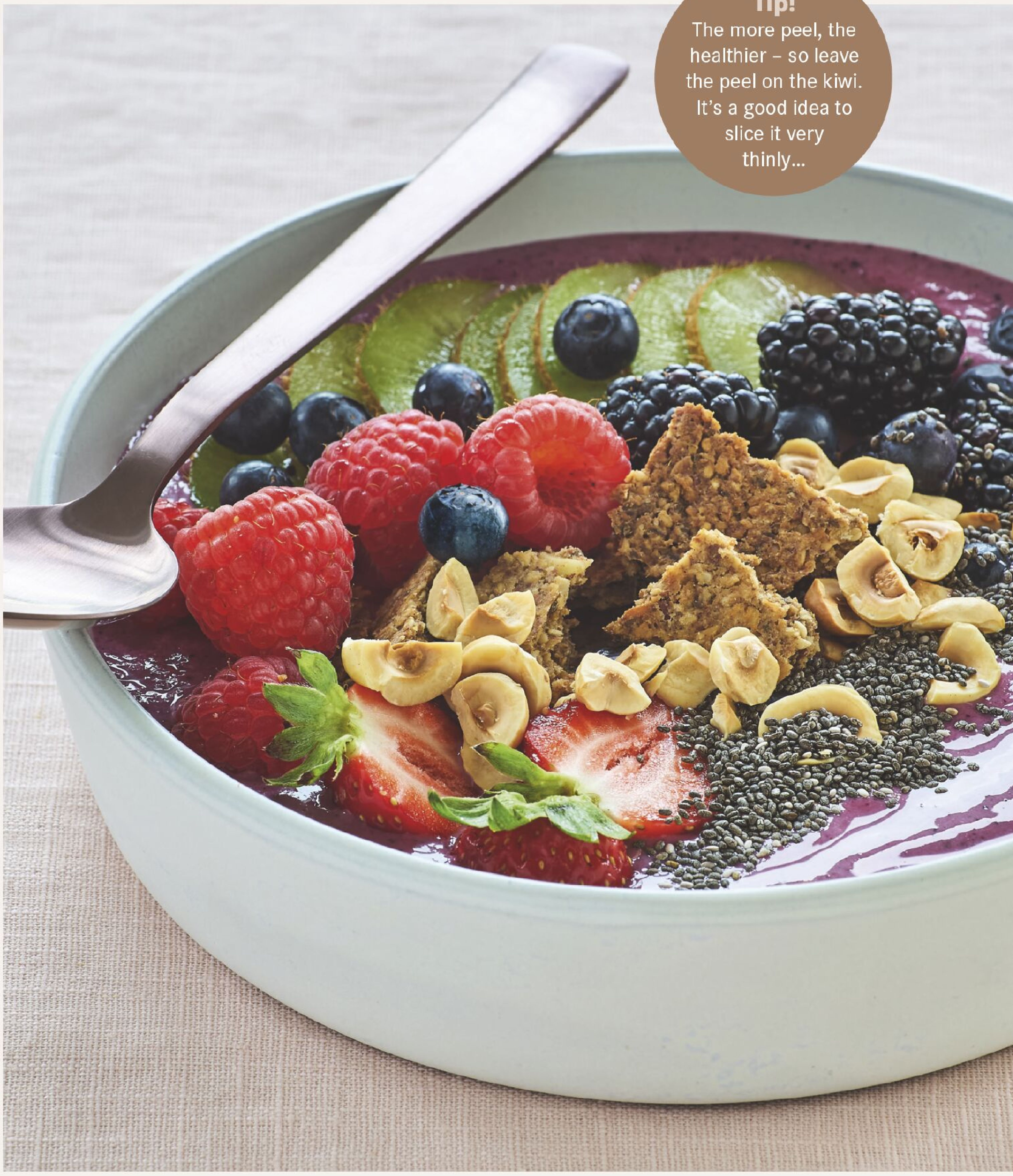
Start your day with an ice-cold boost of berries, nuts, ginger, gut-friendly yoghurt and, most importantly, irresistibly delicious homemade almond drink.

Serves 2 · 15 minutes · Nutritional content per serving: Energy 357 kcal · Protein 10 g · Fat 16 g · Carbohydrates 51 g · Fibre 12 g

1 large ripe banana
85 g (3 oz) **frozen blueberries**
85 g (3 oz) **frozen raspberries**
1 tsp freshly grated ginger
120 ml (4 fl oz) **plain probiotic yoghurt**
120 ml (4 fl oz) **almond drink**
(or semi-skimmed milk)

Toppings
1 kiwi
55 g (2 oz) **fresh berries, such as blueberries, strawberries, raspberries, blackberries**
25 g (1 oz) **roasted hazelnuts**
25 g (1 oz) **granola bark**
→ *Recipe p. 32*
1 tbsp chia seeds

1. The night before, peel the banana and place it in a freezer bag in the freezer.
2. In the morning, take the frozen berries and banana out of the freezer. Let them thaw slightly for a few minutes to make blending easier (a perfect time to prepare a portion of almond drink).
3. Cut the banana into 4-5 pieces and place them in a blender. Add the frozen berries, ginger, yoghurt and almond drink.
4. Blend for about one minute until the mixture is smooth and creamy.
5. Divide the mixture between two deep bowls and garnish with toppings. Serve immediately.



Tip!
The more peel, the healthier – so leave the peel on the kiwi. It's a good idea to slice it very thinly...

Vanilla Almond Drink

For multiple servings · 15 minutes · Nutritional content per 100 g: Energy 47 kcal · Protein 1 g · Fat 4 g · Carbohydrates 1 g · Fibre 1 g

100 g (3½ oz) **almonds**
600 ml (20 fl oz) **cold water**
½ tsp ground ginger
½ tsp vanilla powder

1. Pour the almonds and cold water into a blender and blend at full power in four 30-second intervals, with a couple of minutes' pause between each.
2. Strain the almond drink through a very fine-mesh sieve, pressing as much liquid as possible out of the almond pulp.
3. Whisk in the ginger and vanilla, then pour the almond drink into a bottle. Store it in the fridge. It will keep for 3–4 days.
4. Save the almond pulp in the fridge and use it to bake a batch of granola bark. You'll find the recipe on page 32.

Tip!
Many of the recipes use this homemade almond drink, so it's a good idea to make a large batch.

Avocado and Watercress Toast

Serves 2 · 20 minutes · Nutritional content per serving: Energy 419 kcal · Protein 10 g · Fat 27 g · Carbohydrates 41 g · Fibre 13 g

2 slices of wholegrain bread
1 large ripe avocado
1 small carrot

Watercress gremolata
1½ cm (½ inch) **fresh ginger**
½ chilli
25 g (1 oz) **salted almonds**
1 handful of watercress
Juice and zest of ½ lime
2 tsp olive oil
2 tsp blue poppy seeds
Pinch of sea salt
Freshly ground pepper

1. Lightly toast the slices of bread and let them cool.
2. Peel the ginger for the gremolata and finely chop it. Finely chop the chilli and coarsely chop the almonds. Roughly chop the watercress. Mix everything well with lime juice, olive oil, poppy seeds, salt and pepper.
3. Halve the avocado, remove the stone, and scoop out the flesh with a tablespoon. Place the avocado cut-side down and slice it lengthwise into ultra-thin slices with a sharp knife.
4. Press on the avocado with your flat hand or the knife blade to fan out the slices.
5. Peel the carrot and use a vegetable peeler to shave it into thin strips.
6. Arrange the avocado fans on the toasted bread slices. Top with carrot strips and gremolata.

Tip!
Wholemeal/wholegrain sourdough is a great choice for a hearty bread. Opt for wholemeal sourdough with at least 3% fibre and no added sugar, or bake your own, like the green rolls on page 42.

Salted Almonds

For multiple servings · 40 minutes · Nutritional content per 100 g: Energy 595 kcal · Protein 21 g · Fat 50 g · Carbohydrates 22 g · Fibre 12 g

25 g (1 oz) **sea salt**
240 ml (8 fl oz) **cold water**
200 g (7 oz) **almonds**

1. Dissolve the salt in water in a mixing bowl. Add the almonds and let them soak in the salted water for about 20 minutes.
2. Preheat the oven to 150°C fan/325°F/Gas Mark 2.
3. Drain then spread the almonds in a single layer on a baking tray lined with baking paper.
4. Bake the almonds for 20 minutes. Let them cool on the baking paper on a wire rack.

Oat and Kale Pancakes

Sunday brunch can easily be anti-inflammatory with a stack of these delicious pancakes. And there's plenty to invite a couple of guests.

10–12 pancakes – Serves 4 · 35 minutes · Nutritional content per serving: Energy 384 kcal · Protein 14 g · Fat 21 g · Carbohydrates 42 g · Fibre 8 g

100 g (3½ oz) **oats**
85 g (3 oz) **almonds**
55 g (2 oz) **kale**
2 eggs
240 ml (8 fl oz) **almond drink**
(or semi-skimmed milk)
→ *Recipe p. 29*
1 large ripe banana
1 tsp freshly grated ginger
1 tsp baking powder
Pinch of sea salt
2 tbsp olive oil for frying
100 g (3½ oz) **fresh berries**
3 tsp acacia honey

1. Blend the oats and almonds into a flour using a blender or food processor, then set aside.
2. Add the kale, eggs, almond drink, banana and freshly grated ginger to the blender and blend until smooth.
3. Add the flour mixture, along with the baking powder and salt, then blend briefly to combine.
4. Let the batter rest for about 15 minutes or overnight in the fridge for an even better texture).
5. Heat the oil in a large frying pan over medium-high heat. Cook small, thick pancakes until golden and cooked through, about 6–7 minutes on each side.
6. Serve the pancakes warm with fresh berries and acacia honey.

Tip!
For this recipe, you can conveniently use chopped (and rinsed) kale straight from the bag.

Cherry Yoghurt with Granola Bark

Make your own fruit yoghurt (which is friendly to your gut health) to avoid sugar, artificial sweeteners and other additives.

Seves 2 · 20 minutes · Nutritional content per serving: Energy 434 kcal · Protein 13 g · Fat 20 g · Carbohydrates 49 g · Fibre 5 g

150 g (5 oz) **cherries**
1 **tbsp water**
1 **tsp freshly grated ginger**
480 ml (16 fl oz) **plain probiotic yoghurt**
115 g (4 oz) **granola bark**
Fresh cherries for topping

1. Remove the stones and simmer the cherries with a tablespoon of water over low heat for about 15 minutes. Turn off the heat and let the cherries cool slightly. Mash the cherries with a fork, mixing in the freshly grated ginger.
2. Stir the mashed cherries into the yoghurt and divide into two bowls. Serve with a piece of granola bark.
3. You can also use other berries – even frozen ones – if cherries are not in season.

Tip!
Cook a large batch of berries at once, so you have enough for several days. The ginger-steeped berries also make an excellent topping for the Turmeric Chia Pudding Parfait (page 34).

Granola Bark

For multiple servings · 1 hour · Nutritional content per 100 g: Energy 450 kcal · Protein 12 g · Fat 29 g · Carbohydrates 40 g · Fibre 9 g ·

115 g (4 oz) **almonds**
250 g (9 oz) **oats,** preferably coarse
55 g (2 oz) **desiccated coconut**
25 g (1 oz) **chia seeds**
25 g (1 oz) **sesame seeds**
2 **tsp ground cinnamon**
2 **tsp ground ginger**
½ **tsp sea salt**
70 g (2½ oz) **acacia honey**
70 g (2½ oz) **olive oil**
100 ml (3½ fl oz) **cold water**

1. Preheat the oven to 165°C/325°F/ Gas Mark 3.
2. Finely chop the almonds in a food processor and mix them thoroughly with the other ingredients in a mixing bowl. It's helpful to use disposable gloves or slightly damp fingers to handle the sticky dough.
3. Using a rolling pin, roll the dough out between two sheets of baking paper to a thickness of about ½ cm (0.2 inches), ensuring it fits the size of a baking tray.
4. Remove the top sheet of baking paper and transfer the bottom sheet with the dough on to the baking tray.
5. Bake the granola bark in the centre of the oven for about 45 minutes, until golden with lightly browned edges. Rotate the tray halfway through baking if your oven bakes unevenly (as most ovens do).
6. Let the freshly baked granola bark cool completely on a wire rack before breaking it into about 14 large pieces. Store it in an airtight container or biscuit tin. It will keep well for a couple of weeks.

You can use the almond pulp left over from a batch of Vanilla Almond Drink (p. 29) to replace half the almonds.

Salmon Breakfast Sandwich

Serves 2· 25 minutes · Nutritional content per serving: Energy 393 kcal · Protein 18 g · Fat 25 g · Carbohydrates 24 g · Fibre 6 g

2 slices of wholegrain rye bread
2 handfuls of kale
2 eggs
Pinch of sea salt
2 tbsp plain probiotic yoghurt
1 tbsp olive oil
Freshly ground pepper
2 handfuls of flat-leaf parsley
55 g (2 oz) smoked salmon

Vinaigrette
1 tsp wholegrain mustard
1 tsp cider vinegar
1 tbsp olive oil
1 tbsp lemon juice
Pinch of sea salt
Freshly ground pepper

1. Lightly toast the rye bread so it remains moist, then let it cool.
2. Tear the kale leaves into bite-sized pieces, discarding the stems. Place the pieces in a bowl and blanch by pouring boiling water over them. Let the kale sit in the water for a couple of minutes, then drain in a sieve and allow to cool.
3. Beat the eggs and salt thoroughly with a whisk. Add the yoghurt and whisk until smooth.
4. Heat the oil in a frying pan over medium-high heat. Pour the egg mixture into the hot pan.
5. Gently push the edges of the omelette inward as the eggs set, tilting the pan to allow the uncooked egg mixture to flow to the edges. This shortens cooking time and creates a thicker omelette.
6. Fold the omelette in half when it is almost fully cooked, then remove it from the heat.
7. Shake or whisk the vinaigrette ingredients together. Tear the parsley into smaller pieces and toss it in the vinaigrette along with the cooled kale.
8. Assemble a sandwich with the toasted rye bread, omelette, smoked salmon and salad.

Tip!
Wholegrain rye bread is a dark, dense and moist bread made with whole rye kernels. It is also known as pumpernickel or dark rye bread. The fibre content is high (around 8%), and no sugar is added.

Turmeric Chia Porridge Parfait

2 servings · 15 minutes plus overnight · Nutritional content per serving: Energy 367 kcal · Protein 12 g · Fat 23 g · Carbohydrate 34 g · Fibre 13 g

3 tbsp chia seeds
300 ml (10 fl oz) **almond drink**
(or semi-skimmed milk)
→ *Recipe p. 29*
1 tsp acacia honey
Pinch of sea salt
Pinch of freshly ground black pepper
4 tbsp plain probiotic yoghurt
½ tsp ground turmeric

Toppings,e.g.
2 tbsp ginger-steeped cherries
→ *From Cherry Yoghurt p. 32*
2 tbsp hazelnut butter
2 tbsp toasted ginger oats
(or regular oats, p. 73)
55 g (2 oz) **fresh berries, such as blueberries, raspberries, strawberries or blackberries**
2 tsp dark chocolate (70%), **grated or melted**

1. The night before, whisk the chia seeds, almond drink, honey, salt and pepper together in a mixing bowl. Whisk again once or twice during the first few minutes to ensure the chia seeds are evenly distributed.
2. Place the chia pudding in the fridge for at least four hours, or preferably overnight, to allow the seeds to absorb the liquid.
3. In the morning, add the yoghurt and turmeric, then mix the pudding thoroughly.
4. Layer the chia pudding in two glasses, alternating with hazelnut butter and stewed berries.
   Top with oats, fresh berries and optionally a bit of dark chocolate.

Tip!
Divide the pudding into two portions and mix turmeric into only one half. This creates even more beautiful layers when you assemble your parfait.

Toasted Hazelnuts and Hazelnut Butter

For multiple servings · 25 minutes · Nutritional content per 100 g: Energy 640 kcal · Protein 15 g · Fat 62 g · Carbohydrates 17 g · Fibre 10 g

100 g (3½ oz) **hazelnuts**
Pinch of sea salt

Tip!
Toast a large batch of hazelnuts. They taste wonderful, keep well, and can be used as a topping for salads and breakfasts.

1. Preheat the oven to 200°C fan/ 425°F/Gas Mark 6.
2. Spread the hazelnuts on a baking tray lined with baking paper and roast them for 8-9 minutes, until they are lightly golden but not dark or burnt.
3. Rub off the loose skins using your hands or a tea towel.
4. Blend the hazelnuts with a pinch of salt in a food processor until they turn into a completely smooth, liquid butter. Scrape down the sides a few times during blending to ensure everything is incorporated.
5. Store in a sealed jar in the fridge – it will keep for two weeks.

Breakfast Berry Salad Bowl

Serves 2 · 15 minutes · Nutritional content per serving: Energy 359 kcal · Protein 13 g · Fat 22 g · Carbohydrates 32 g · Fibre 6 g

½ cucumber
100 g (3½ oz) **cherry tomatoes**
100 g (3½ oz) **fresh strawberries**
55 g (2 oz) **blueberries**
55 g (2 oz) **salted almonds**
300 ml (10 fl oz) **plain probiotic yoghurt**

Dressing
Juice of ½ lime
Juice of ½ orange
1 tbsp olive oil
1 tsp freshly grated ginger
1 tsp acacia honey
5-6 fresh mint leaves

1. Halve the cucumber lengthwise and scoop out the seeds. Add the seeds to a mini chopper along with the lime juice, orange juice, oil, ginger, honey and mint leaves. Blend until smooth to make the dressing.
2. Slice the remaining cucumber. Quarter the tomatoes. Halve the strawberries. Toss the cucumber, tomatoes, strawberries and blueberries in the dressing.
3. Coarsely chop the salted almonds.
4. Assemble in two bowls: yoghurt, tomato and cucumber mixture, halved strawberries, blueberries and salted almonds.

Tip!
Don't worry if it looks like the vegetables are taking up all the space. The egg will rise during baking and embrace the filling.

Frittata Parmesan Muffins

6 muffins – Serves 2 · 35 minutes · Nutritional content per serving: Energy 304 kcal · Protein 20 g · Fat 22 g · Carbohydrates 7 g · Fibre 2 g

4 eggs
½ tsp sea salt
55 g (2 oz) fresh spinach leaves
½ red pepper
6 cherry tomatoes
½ chilli
1 spring onion
A few sprigs of fresh thyme
25 g (1 oz) Parmesan
1 tbsp olive oil
½ tsp ground turmeric
Freshly ground black pepper
Paper muffin cases

1. Preheat the oven to 180°C fan/400°F/Gas Mark 4.
2. Whisk the eggs and salt thoroughly in a mixing bowl.
3. Roughly chop the spinach leaves. Finely dice the pepper.
4. Halve the cherry tomatoes. Finely chop the chilli and spring onion. Strip the thyme leaves from the stems and grate the Parmesan finely.
5. Stir the vegetables, thyme, Parmesan, oil, turmeric, and pepper into the eggs.
6. Place six paper muffin cases in a muffin tin and divide the egg mixture evenly among them.
7. Bake the muffins until golden – about 20 minutes.
8. Transfer the baked muffins to a wire rack and let them cool slightly. Enjoy the warm muffins or refrigerate immediately – they keep for a couple of days and taste just as good when cold.

Savoury Oatmeal with Cinnamon Kale

Kale for breakfast? Yes! Who says breakfast has to be sickly sweet?

Serves 2 · 20 minutes · Nutritional content per serving: Energy 445 kcal · Protein 13 g · Fat 29 g · Carbohydrates 40 g · Fibre 8 g

85 g (3 oz) **oats**
480 ml (17 fl oz) **boiling water**
1 tsp freshly grated ginger
Pinch of sea salt

Cinnamon kale
55 g (2 oz) **kale**
55 g (2 oz) **walnuts**
1 tbsp olive oil
1 tsp ground cinnamon
1 tsp acacia honey

1. Mix the oats, boiling water, salt and ginger in a saucepan.
2. Bring to a boil, then let the porridge simmer on low heat for 10 minutes.
3. Remove the toughest stems from the kale and chop it roughly.
4. Roughly chop the walnuts.
5. Heat the oil in a pan over a medium heat. Add the ground cinnamon and mix well with the oil. Add the kale, walnuts and honey, stirring and frying for two minutes.
6. Serve the porridge in two bowls and top with the cinnamon-coated kale.

Tip!
For this recipe, you can use pre-chopped (and washed) kale straight from the bag, for convenience.

Tip!
Always keep plenty of fresh herbs on hand and use them generously. Parsley, basil, thyme, coriander and all other herbs are pure anti-inflammatory goodness.

Chapter 3

Lunch

Whether you enjoy your lunch at home or on the go, this chapter offers great ideas for small, satisfying dishes packed with anti-inflammatory power.

Smoked Salmon Tartare

Serves 2 · 20 minutes · Nutritional content per serving: Energy 470 kcal · Protein 33 g · Fat 24 g · Carbohydrate 32 g · Fibre 8 g

2 slices of seeded rye bread
1.5 cm (½ inch) **fresh ginger**
2 spring onions
2 tbsp capers
2 tsp cider vinegar
Juice of ½ lemon
2 tsp coarse mustard
Freshly ground pepper
85 g (3 oz) **kale**
1 large tomato
200 g (7 oz) **hot smoked salmon**

Tarragon cream
2 sprigs of fresh tarragon
3 tbsp kefir
2 tbsp mayonnaise
Zest of ½ lemon
Sprinkle of sea salt
Freshly ground pepper

1. Lightly toast the rye bread so that it is crisp but not dry.
2. Finely chop the ginger, spring onions and capers.
3. Mix the ginger, spring onions and capers with the vinegar, lemon juice, mustard and pepper in a large bowl.
4. Remove the coarsest stalks from the kale and chop it finely. Cut the tomato into small cubes.
5. Remove the skin from the salmon and chop the flesh into large cubes. Gently fold the salmon, kale and tomato into the dressing.
6. Rip the tarragon leaves from the sprigs and chop finely. Stir with the other ingredients for the tarragon cream.
7. Divide the salmon tartare between two plates and serve with tarragon cream and the lightly toasted rye bread.

(If you don't want to make your own mayonnaise, use a good quality supermarket mayo made from olive, rapeseed or avocado oil, for example.)

Tip!
You can use chopped (and rinsed) kale straight from the bag for this recipe.

Mayonnaise

For multiple meals · 5 minutes · Nutritional content per 100g: Energy: 687 kcal · Protein: 3 g · Fat: 76 g · Carbohydrate: 1 g · Fibre: 0 g

2 egg yolks, possibly pasteurised
1 tsp Dijon mustard
1-2 tsp cider vinegar
Sprinkle of sea salt
120 ml (4 fl oz) **olive or rapeseed oil**

1. Whisk the egg yolks with the mustard, vinegar and salt using a hand mixer or whisk.
2. Add the oil in a thin stream while whisking on low speed to make a smooth mayonnaise.

(Your choice of oil determines the flavour of the mayonnaise. A strong olive oil gives a strong flavour. A mild rapeseed oil is a good choice if you want a more neutral mayo.)

Nuts 'n' Greens

Serves 2 · 25 minutes · Nutritional content per serving: Energy 386 kcal · Protein 12 g · Fat 26 g · Carbohydrate 35 g · Fibre 7 g

200 g (7 oz) **nectarines**
200 g (7 oz) **cherry tomatoes**
100 g (3½ oz) **savoy cabbage**
1 handful of fresh herbs, such as mint and basil
½ chilli pepper
2 handfuls of fresh spinach leaves
40 g (1½ oz) **roasted cashew nuts**

Dressing
55 g (2 oz) **cashew nuts**
4 tbsp cold water
Juice and zest of ½ lime
1 tbsp olive oil
1 tsp acacia honey
½ tsp sea salt
Freshly ground pepper
1 pinch vanilla powder

1. Cut the nectarines into wedges. Halve the cherry tomatoes.
2. Cut the savoy cabbage into ultra-thin slices. Roughly chop the herbs. Cut the chilli into thin slices.
3. Blend the cashew dressing ingredients for a minute in a blender until smooth.
4. Pour the dressing into a salad bowl and toss in the nectarines, savoy cabbage, cherry tomatoes, herbs, chilli and spinach leaves.
5. Serve in two bowls and sprinkle with roasted cashew nuts.

Roasted Cashews

For multiple meals · 5 minutes · Nutritional content per 100g:
Energy: 598 kcal · Protein: 20 g · Fat: 47 g · Carbohydrate: 33 g · Fibre: 4 g

150 g (5 oz) **cashew nuts**

1. Heat a dry frying pan to medium-high heat.
2. Roughly chop the cashew nuts and add them to the pan. Roast for a few minutes, shaking the pan occasionally, until the nuts are golden.
3. Let the nuts cool on a piece of baking paper, then store them in a sealed container.

Tip!
Roasted cashew nuts (like other dry roasted nuts) make a great crunchy topping for salads, soups and stews.

Green Salmon Sandwich

Serves 2 · 10 minutes (plus baking) · Nutritional content per serving (including roll): Energy 461 kcal · Protein 21 g · Fat 21 g · Carbohydrate 50 g · Fibre 14 g

2 green bread rolls
100 g (3½ oz) **cold smoked salmon**
2 handfuls of rocket salad

Guacamole

1 large, ripe avocado
1 handful of fresh coriander
½ chilli pepper
1 clove of garlic
1 tomato
1 tbsp lime juice
½ tsp cumin
½ tsp sea salt

1. Halve the avocado, remove the stone and scrape out the flesh with a spoon. Mash it roughly.
2. Finely chop the coriander, chilli and garlic. Halve the tomato, remove the seeds and finely chop the rest.
3. Mix the coriander, chilli, garlic and tomato with the avocado. Add lime juice, cumin and salt.
4. Split the green bread rolls and spread a generous layer of guacamole on each half. Fill with rocket and slices of salmon.

Green Bread Rolls

Makes 8 · 30 minutes (plus rising time) · Nutritional content per roll: Energy: 212 kcal · Protein: 7 g · Fat: 37 g · Carbohydrate: 38 g · Fibre: 7 g

2 handfuls of fresh spinach leaves
70 g (2½ oz) **kale**
15 g (½ oz) **yeast (or 1½ tsp active dry yeast)**
300 ml (10 fl oz) **cold water**
1 tsp acacia honey
450 g (1 lb) **white wholemeal wheat flour**
1 tbsp olive oil
1 tsp sea salt

Tip!
The rolls can be frozen as soon as they have cooled down.

1. Finely chop the spinach and kale (including the stems) in a food processor.
2. Stir the yeast into the water in a large mixing bowl. Add the honey, flour, oil, salt and finely chopped vegetables.
3. Knead in a mixer or by hand for about five minutes.
4. Cover the bowl with cling film and leave the dough to rise for two hours.
5. Push the dough down and form eight oblong rolls. The dough is easier to work with if you moisten your fingers with water. Place rolls on a baking tray lined with baking paper.
6. Cover loosely with cling film and leave the rolls to rise for half an hour.
7. Preheat the oven to 220°C/425°F/Gas Mark 7.
8. Remove the cling film from the rolls and place the baking tray in the hot oven. Bake for about 22 minutes until the rolls are golden and sound hollow when you tap the underside.
9. Leave the rolls to cool on a rack, then store them in a sealed bag.

Chilli Herring

This small fish is often overshadowed by salmon, but is nevertheless an excellent source of omega-3.

Serves 2 · 20 minutes · Nutritional content per serving: Energy 497 kcal · Protein 23 g · Fat 26 g · Carbohydrate 39 g · Fibre 7 g

2 eggs
½ fennel
150 g (5 oz) marinated herring
1 small red onion
Freshly ground pepper
Sprinkle of sea salt
2 slices of seeded rye bread
1 handful of rocket

Dill dressing
4 tbsp freshly chopped dill
1 tbsp capers
½ chilli pepper
4 tbsp kefir
1 tbsp mayonnaise
1 tsp coarse mustard
Freshly ground pepper
Sprinkle of sea salt

1. Carefully place the eggs in a pan of boiling water and cook for six minutes. Cool them immediately with cold water.
2. Remove the root from the fennel. Cut the rest into ultra-thin slices.
3. Finely chop the dill, capers and chilli. Mix with the kefir, mayonnaise, mustard and freshly ground pepper.
4. Remove the herring fillets from the marinade and cut into bite-sized pieces. Toss the herring and fennel in the dressing.
5. Peel the red onion and cut it into thin rings. Peel the eggs, halve them and sprinkle with a little salt and pepper.
6. Arrange the rye bread, rocket, herring, red onion and eggs on two plates. Garnish with more fresh dill.

Tip!
Herring in the dressing can keep for a couple of days in the fridge, so you can prepare this dish in advance.

Pearls, Peas & Pecans

Serves 2 · 20 minutes (plus cooking pearl barley) · Nutritional content per serving: Energy 425 kcal · Protein 10 g · Fat 23 g · Carbohydrate 50 g · Fibre 12 g

85 g (3 oz) **pearl barley, uncooked**
(weight = 200 g/7 oz cooked)
1 clove of garlic
1½cm (½ inch) **fresh ginger**
150 g (5 oz) **red cabbage**
40 g (1½ oz) **pecans**
1 tbsp olive oil
150 g (5 oz) **peas, fresh or defrosted**
½ tsp cumin
Juice and zest of ½ lemon
½ tsp sea salt and freshly ground pepper

1. Rinse and cook the pearl barley according to the instructions on the packet and drain in a sieve.
2. Meanwhile, peel the garlic and ginger. Cut both into thin slices. Cut the cabbage into ultra-thin strips. Roughly chop the pecans.
3. Heat the oil in a sauté pan over medium-high heat.
4. Sauté the peas, garlic, ginger and cumin, stirring for two minutes.
5. Add the cabbage and cook for a further two minutes.
6. Switch off the heat. Fold the chopped pecans and warm pearl barley into the vegetables. Add the lemon juice and grate the zest on top. Sprinkle with salt and pepper. Serve immediately.

Tip!
Use unwaxed – preferably organic – citrus fruits when using the zest for cooking.

Tip!
Cook the pearl barley in advance and refrigerate immediately. It keeps for several days in the fridge. You can cook a larger portion to include in roasted tomato and cauliflower salad (recipe page 64).

Tip!
Try the cabbage salsa with a piece of baked salmon or halibut.

Cabbage Salsa and Sardines

Serves 2 · 20 minutes · Nutritional content per serving: Energy 514 kcal · Protein 21 g · Fat 35 g · Carbohydrate 35 g · Fibre 9 g

2 slices of seeded rye bread
1 tin of sardines, in olive oil or water

Cabbage salsa
100 g (3½ oz) **Brussels sprouts**
1 tomato
1 clove of garlic
1 chilli pepper
25 g (1 oz) **hazelnuts**
Seeds from ½ pomegranate
3 tbsp sweetcorn kernels
Juice of ½ lime
2 tbsp herb oil
→ *See recipe p. 49*
Sprinkle of sea salt

1. Toast or grill the rye bread and let it cool.
2. Cut the roots off the Brussels sprouts and remove the outer, dirty leaves. Halve, lay them cut side down and slice into thin strips.
3. Cut the tomato into small cubes. Peel and finely chop the garlic. Finely chop the chilli and hazelnuts.
4. Scrape, shake or hit the seeds out of the pomegranate (see tip on page 84).
5. Mix the cabbage, tomato, garlic, chilli, hazelnuts, pomegranate seeds and sweetcorn together. Combine with the lime juice and herb oil. Season to taste with salt.
6. Serve the sardines straight from the tin.

(Use a little olive oil and chop a handful of herbs if you haven't yet made yourself a batch of herb oil.)

Kale Satay Salad

Serves 2 · 25 minutes · Nutritional content per serving: Energy 529 kcal · Protein 22 g · Fat 42 g · Carbohydrate 14 g · Fibre 8 g

100 g (3½ oz) **kale**
Sprinkle of sea salt
1 large carrot
½ cucumber
2 spring onions
1 handful of fresh coriander
100 g (3½ oz) **peas,** fresh or defrosted
1 tbsp roasted sesame seeds
→ *See recipe p. 124*
2 slices of wholemeal bread

Satay dressing
40 g (1½ oz) **salted peanuts**
3 tbsp cold water
1 tbsp lime juice
1 tsp acacia honey
1 tsp cider vinegar
½ tsp freshly grated ginger
½ tsp ground turmeric
Freshly ground pepper

1. Remove the stems from the kale and tear leaves into small pieces. Place them in a bowl, sprinkle with salt and blanch by pouring boiling water over them. Let the kale drain and cool in a sieve.
2. Peel the carrot and cut into thin slices. Halve the cucumber, scrape out the seeds with a teaspoon and cut the cucumber into slices.
3. Cut the spring onions into thin slices. Roughly chop the coriander.
4. Blend the peanuts and other dressing ingredients for a minute in a mini food chopper. Small pieces of peanut may remain.
5. Mix vegetables, spring onions and coriander into dressing. Sprinkle with toasted sesame seeds. Serve with a slice of wholemeal bread.

Tip!
Bake your own wholemeal bread! Try the green bread rolls on p. 42.

Salmon Ginger Ceviche

Serves 2 · 20 minutes · Nutritional content per serving: Energy 411 kcal · Protein 24 g · Fat 27 g · Carbohydrate 22 g · Fibre 9 g

200 g (7 oz) **salmon fillet** (see tip)
1 small red onion
1½ cm (½ inch) **fresh ginger**
½ chilli pepper
Juice of 2 limes
Sprinkle of sea salt
1 avocado
1 nectarine
5-6 fresh mint leaves
1 tbsp roasted sesame seeds
→ *See recipe p. 124*
Freshly ground pepper

1. Remove the skin from the salmon and cut it into centimetre (½ inch) cubes.
2. Peel and finely dice the red onion. Peel the ginger and cut it into ultra-thin slices. Very finely chop the chilli.
3. Mix the salmon, red onion, chilli and ginger with lime juice and salt in a mixing bowl. Cover the bowl with cling film and let the fish marinate in the fridge for 30-45 minutes.
4. Halve the avocado, remove the stone, scrape out the flesh with a spoon and cut it into large cubes. Cut the nectarine into small cubes. Cut the mint leaves into thin strips.
5. Gently mix the avocado, nectarine and mint with the salmon. Divide between two dishes and sprinkle with toasted sesame seeds and freshly ground pepper.

Tip!
Ask your fishmonger for salmon that is suitable to eat raw, for example farm-raised fish. If you want to be extra safe, you can freeze the salmon for two days before eating. It can be beneficial to freeze your salmon in general, so you can safely shorten cooking times and avoid dry, bland fish.

Spicy Prawn Avocado Salad

Serves 2 · 25 minutes · Nutritional content per serving: Energy 475 kcal · Protein 26 g · Fat 27 g · Carbohydrate 37 g · Fibre 13 g

200 g (7 oz) **prawns,** in brine or thawed
½ chilli pepper
1 tbsp olive oil
Juice of ½ lime
Sprinkle of sea salt
Freshly ground pepper
150 g (5 oz) **broccoli**
100 g (3½ oz) **green asparagus**
1 large, ripe avocado
55 g (1½ oz) **feta cheese**
2 tbsp pickled red onion
→ *See recipe p. 94*
2 slices of wholemeal bread

1. Tip the prawns into a sieve and let them drain.
2. Cut the chilli into thin slices. Stir together with the oil, lime, salt and pepper in a large mixing bowl. Fold the prawns into the dressing.
3. Cut the broccoli into small florets (if you're using the stem, peel it and cut it into small cubes).
4. Break off the bottom, coarse part of the green asparagus (see right). Cut the rest into pieces of about 2½ cm (1 inch).
5. Place the broccoli and asparagus in a bowl with a sprinkle of salt and blanch by pouring boiling water over them. Let the vegetables rest for a few minutes in the water and then drain in a sieve.
6. Halve the avocado, remove the stone, scrape out the flesh with a spoon and then cut it into large cubes.
7. Cut the feta into cubes.
8. Toss the vegetables and feta with the prawns and dressing. Top with pickled red onion and serve with a slice of wholemeal bread.

(Green asparagus will break on its own where the coarse, woody part meets the delicious, crispy part. Once you've broken the first spear, the rest will usually break in the same place. Save yourself some time and cut them all at once with a knife.)

Tip!
Have you opened a packet of feta for this recipe? Then use the rest for roasted tomato and cauliflower salad on page 64 or kale and chicken salad on page 94.

Chopped Chicken Sandwich

Cold meat salad is an easy and delicious way to use up leftovers from dinner.

Serves 2 · 10 minutes · Nutritional content per serving: Energy 511 kcal · Protein 25 g · Fat 28 g · Carbohydrate 40 g · Fibre 9 g

100 g (3½ oz) **cooked chicken**
→ See recipe p. 90
55 g (2 oz) Kalamata olives, pitted
1 tbsp capers
15 g (½ oz) **roasted hazelnuts**
→ See recipe p. 34
4 large leaves of cavolo nero
2 tbsp herb oil
4 thin slices of wholemeal bread

1. Finely chop the chicken, olives, capers and hazelnuts with a sharp knife.
2. Remove the coarsest stalks from the cavolo nero and chop it finely. Mix it into the chicken salad and combine with the herb oil.
3. Build two full sandwiches.

(If you don't have cooked chicken left over from the broth (p. 90), you can use a piece of roast chicken breast. If you have leftover kale and chicken salad (p. 94), it's perfect to chop and add to the filling.)

Herb Oil

Multiple meals · 10 minutes · Nutritional content per 100 ml: Energy: 710 kcal · Protein: 0 g · Fat: 79 g · Carbohydrate: 3 g · Fibre: 1 g

1 handful of mixed herbs, such as basil, parsley, mint and tarragon
1 tbsp freshly grated ginger
Zest of ½ lime
150 ml (5 fl oz) **olive oil**

1. Rinse the herbs thoroughly and pat them completely dry with a paper towel.
2. Finely chop the herbs, ginger and lime zest in a mini food chopper or with a sharp knife.
3. Add the oil and blend for a minute to create a smooth green herb oil.
4. Pour the oil into a clean bottle (preferably sterilised with boiling water, but be careful). Leave it in the fridge for half an hour.

Tip!
Store the herb oil in the fridge, where it will keep for at least a week. The oil will solidify slightly in the fridge, but will quickly become liquid again when you take it out to use it. This herb oil is excellent as a quick salad dressing.

Tip!
The more snacks you prepare beforehand, the easier your anti-inflammatory weekdays will be. For example, spend Sunday afternoon making salted almonds, baking hazelnuts and roasting cashews.

Chapter 4

Snacks

Avoid spiralling into a sugar frenzy between meals by fortifying your resolve with delicious, anti-inflammatory treats and snacks.

Vanilla Ginger Shot

A daily shot of ginger is an easy but effective start to a life without inflammation.

14 shots – Serves 2 for a week · 10 minutes · Nutritional content per shot: Energy 13 kcal · Protein 0 g · Fat 0 g · Carbohydrate 2 g · Fibre 0 g

200 g (7 oz) **fresh ginger**
½ vanilla pod
480 ml (17 fl oz) **cold water**

1. Peel the ginger and cut it into thick slices across the fibres. Put them in a blender with half a vanilla pod and water.
2. Blend on high until everything is finely chopped – about two minutes.
3. Using a fine-mesh sieve, strain the pulp out of the juice. Squeeze out as much juice as you can with the back of a spoon.
4. Store the ginger juice in the fridge in a clean bottle (preferably sterilised with boiling water, but be careful).
5. Store the pulp in a sealed container also in the fridge. The ginger juice and pulp can be refrigerated for up to a week.

Note! Ginger can thin blood. If you're taking medication that has the same effect, consult your doctor.

Tip!
Use the leftover pulp from the ginger root whenever a recipe calls for freshly grated ginger.

Use a peeler (or a spoon) instead of a knife to remove only the outer peel and preserve as much of the healthy tuber as possible. Organic ginger doesn't need to be peeled in principle, just cleaned of dirt, but peeled ginger produces a finer pulp.

Raw Energy Sticks

10 sticks · 15 minutes · Nutritional content per stick: Energy 181 kcal · Protein 5 g · Fat 13 g · Carbohydrate 15 g · Fibre 3 g

85 g (3 oz) **hazelnuts**
85 g (3 oz) **cashew nuts**
55 g (2 oz) **rolled oats**
55 g (2 oz) **dates, stoned**
40 g (1½ oz) **homemade hazelnut butter**
→ *See recipe p. 34*
25 g (1 oz) acacia honey
2 tbsp espresso (or very strong coffee)
Sprinkle of sea salt

Topping
25 g (1 oz) **coconut flour**

1. Place all ingredients in a food processor or blender. Blend for a few minutes until the nuts are finely chopped and the dough comes together.
2. Wrap the dough in cling film and shape it into a block of about 10 x 20 cm (4 x 8 inches) with a thickness of 2 cm (¾ inch). Place the block in the fridge for a couple of hours (or in the freezer for half an hour if you're in a hurry).
3. Cut the slab into 10 bars and coat them in coconut flour.

Tip!
You can use a good-quality peanut butter if you've run out of hazelnut butter.

The AI Booster

Besides being a super-healthy snack, this booster can be a lifeline if you eat a less healthy meal in the work canteen, for example, or when eating out.

Serves 2 · 10 minutes · Nutritional content per serving (incl. peel): Energy 145 kcal · Protein 2 g · Fat 8 g · Carbohydrate 19 g · Fibre 6 g

2 stalks of celery
55 g (2 oz) **kale**
1 pear
1 kiwi fruit
Juice and zest of ½ lime
1 tbsp olive oil
1 tsp freshly grated ginger
240 ml (8½ fl oz) **cold water**
A few ice cubes

1. Cut celery into thin slices. Remove coarsest stalks from kale and tear leaves into small pieces (or use chopped kale straight from the bag).
2. Remove pear stem and core. Peel the kiwi (or don't – see tip).
3. Place the veg and fruit in a blender with the lime, oil, ginger, water and ice cubes. Blend on high speed for one minute. Enjoy ice cold.

Tip!
Roll your lime, pressing it into the worktop before squeezing it. This makes it much easier to squeeze out the juice.

Tip!
The more peel, the healthier, so don't peel the pear. For the hardcore: don't peel the kiwi either. Your booster may be a bit scratchy on your throat, but you don't get much healthier than that.

Toasted Almond Spread

For several meals · 20 minutes · Nutritional content per serving: Energy 713 kcal · Protein 21 g · Fat 64 g · Carbohydrate 13 g · Fibre 10 g

100 g (3½ oz) **almonds**
1 tbsp **olive oil**
2 tsp **freshly grated ginger**
Zest of ½ lemon
Few drops of acacia honey
Pinch of sea salt

1. Preheat the oven to 200°C fan/425°F/Gas Mark 6.
2. Spread the almonds on a baking tray and roast for eight minutes. Let them cool completely.
3. Blend the almonds with the olive oil in a food processor until liquid and smooth. This will take 6-8 minutes. Scrape down the edges as you go so that everything is blended.
4. Stir in the ginger, lemon zest, honey and salt, and mix well.
5. Refrigerate in a sealed jar. The almond butter will keep for a couple of weeks in the fridge.

   (The almond butter can be blended coarsely – about six minutes – or finely – about eight minutes – according to personal preference.)

Tip!
Enjoy toasted almond spread on toasted rye bread, as a dip for vegetables or as a topping for yoghurt. The almond spread is irresistibly tasty on a freshly baked blueberry waffle (see recipe on page 128).

Turmeric Carrot Smoothie

Serves 2 · 10 minutes · Nutritional content per serving: Energy 136 kcal · Protein 4 g · Fat 8 g · Carbohydrate 13 g · Fibre 3 g

1 large carrot
1 red pepper
½ chilli pepper
2 cm (¾ inch) fresh turmeric root
1 pinch freshly ground black pepper
1 tbsp olive oil
120 ml (4 fl oz) kefir
60 ml (2 fl oz) cold water
Handful of ice cubes

1. Peel the carrot and cut it into smaller pieces. Remove the seeds from both the red pepper and chilli pepper. Peel the turmeric root.
2. Blend all ingredients on full power for about one minute until smooth. Pour into two glasses. Enjoy ice cold.

Tip!
Use disposable gloves when peeling turmeric root. The orange colour is beautiful but difficult to get off your fingers and utensils.

Tip!
Wrap your bars individually in greaseproof paper so they are easy to eat on the go. Store them in a tightly sealed container. They keep well for a week in the fridge.

Chocolate Protein Bars

10 bars · 35 minutes · Nutritional content per bar: Energy 186 kcal · Protein 7 g · Fat 14 g · Carbohydrate 11 g · Fibre 3 g

100 g (3½ oz) **almonds**
100 g (3½ oz) **salted peanuts**
55 g (2 oz) **raisins**
25 g (1 oz) **chia seeds**
1 tbsp **dark cocoa**
1 tsp **ground ginger**
1 pinch of **salt**
3 **egg whites**

Topping
40 g (1½ oz) **70% dark chocolate**
15 g (½ oz) **pistachio kernels,** unsalted

1. Finely chop the almonds and peanuts in a food processor.
2. Add the raisins, chia seeds, cocoa, ginger, salt and egg whites, and blend until the dough comes together into a firm mass.
3. Preheat the oven to 150°C fan/325°F/Gas Mark 2.
4. Place baking paper on a baking tray of about 10 x 20 cm (4 x 8 inches). Spread dough in the tray to 2 cm (¾ inch) thick. Smooth surface with a moistened spatula.
5. Place the baking tray in the hot oven and cook for 20 minutes.
6. Move the baking tray to a rack and leave it to cool.
7. Melt the chocolate in the microwave or over a water bath. Finely chop the pistachios.
8. Cut the cooked dough into 10 pieces. Dip the top of each bar in chocolate and sprinkle with chopped pistachios. Allow the chocolate to set completely before wrapping the bars.

With a delicious dip, vegetables disappear like dew beneath the sun. Serve with carrots, red peppers, green asparagus, radishes, cucumber, celery, broccoli and so on.

Almond Dip

Serves 2 · 5 minutes · Nutritional content per serving: Energy 298 kcal · Protein 11 g · Fat 25 g · Carbohydrate 13 g · Fibre 7 g

100 g (3½ oz) **almonds**
100 ml (3½ fl oz) **water**
Handful of parsley leaves
Juice and zest of ½ lime
½ chilli pepper
Sprinkle of sea salt

1. Blend all the ingredients for a few minutes until smooth and creamy.
2. Store the almond dip in the fridge. It will keep for 3-4 days.

(If you don't have a blender, food processor or mini chopper available, the ingredients for both dips can be chopped with a sharp knife.)

Green Pea Dip

Serves 2 · 5 minutes · Nutritional content per serving: Energy 127 kcal · Protein 4 g · Fat 8 g · Carbohydrate 11 g · Fibre 3 g

1 small clove of garlic (or more to taste)
100 g (3½ oz) **peas,** fresh or defrosted
1 handful watercress
1 tbsp olive oil
2 tbsp kefir
1 tsp ground turmeric
½ tsp sea salt
Freshly ground black pepper

1. Peel the garlic and blend with the other ingredients to make a creamy dip. Small pieces of pea may remain.
2. Store the pea dip in the fridge. It will keep for 1-2 days.

Tip! Turmeric should always be accompanied by a little black pepper to help your body absorb its anti-inflammatory substances.

Spicy Chicks

For several meals · 30 minutes · Nutritional content per 100g: Energy 325 kcal · Protein 13 g · Fat 13 g · Carbohydrate 41 g · Fibre 12 g

115 g (4 oz) **dried chickpeas**
(230 g/8 oz soaked chickpeas)
1 litre (1¾ pints) **cold water**
1 tbsp olive oil
2 tsp dried oregano
½ tsp cayenne pepper
½ tsp sea salt
Freshly ground black pepper

1. [10 hours before] Put dried chickpeas and cold water in a bowl. Cover with a lid or cling film and leave the bowl on the counter for 10-12 hours.
2. [When cooking] Pour chickpeas into a sieve, rinse with clean water and let them drain. Tip on to kitchen paper and pat dry. Remove loose husks.
3. Preheat the oven to 200°C fan/425°F/Gas Mark 6.
4. Mix olive oil with spices, salt and pepper in a bowl. Add chickpeas and toss to coat them with the oil.
5. Spread the chickpeas out on a baking tray lined with baking paper and roast in the hot oven for about 20 minutes. Turn the chickpeas a few times during cooking.
6. Check the chickpeas in the last minutes of the cooking time. Take them out when they are crispy but not hard.
7. Allow the chickpeas to cool before storing them in a sealed container.

(If you don't have time to soak chickpeas, you can use tinned chickpeas. Be careful, though, because these pre-cooked chickpeas pop during baking.)

Ginger Nuts

For several meals · 30 minutes · Nutritional content per 100g: Energy 615 kcal · Protein 20 g · Fat 52 g · Carbohydrate 27 g · Fibre 8 g

2 tsp olive oil
2 tsp ground ginger
1 tsp ground cinnamon
1 pinch vanilla powder
100 g (3½ oz) **almonds**
100 g (3½ oz) **cashew nuts**

1. Preheat oven to 150°C fan/325°F/Gas Mark 2.
2. Mix the olive oil, ginger, cinnamon and vanilla in a mixing bowl. Add the nuts and toss well to coat them with the oil.
3. Spread the nuts on a baking tray lined with baking paper. Cook the nuts in the hot oven for 25 minutes. Turn the nuts a few times while cooking.
4. Allow the nuts to cool before tipping them into a sealed container.

Tip!
Both nuts and chickpeas are great as a snack, but also taste delicious as a topping for salads or stews. Almonds and chickpeas have a long shelf life, so you can make lots at once.

Tip
Give cruciferous veg plenty of space in your anti-inflammatory diet. Evening meals are particularly well suited for loading up with all types of brassica.

Chapter 5

Dinner

The biggest meal of the day provides a great opportunity to fill your plate with serious amounts of anti-inflammatory power.

Almond Crusted Salmon

Serves 2 · 40 minutes

250 g (9 oz) **salmon fillet**

Almond salsa

1 clove of garlic
40 g (1½ oz) **almonds**
2 handfuls of fresh herbs,
e.g. parsley, mint, basil
Juice of ½ lemon
1 tbsp olive oil
1 tsp smoked paprika
1 tsp ground turmeric
Pinch of sea salt
Freshly ground black pepper

Herb salad

1-2 spring onions
Juice of ½ lemon
1 tbsp olive oil
Pinch of sea salt
1 red pepper
½ cucumber
1 avocado
2 handfuls of kale
2 handfuls of fresh herbs
55 g (2 oz) **blueberries**

1. Preheat the oven to 175 °C fan/375 °F/Gas Mark 4.
2. Place the salmon fillet skin side down in an oven-proof dish.
3. Peel and press the garlic for the salsa. Finely chop the almonds and herbs, then combine in a small bowl with lemon juice, oil and spices to form a coarse salsa. Spread the salsa over the salmon fillet and season with freshly ground pepper.
4. Bake the salmon in the hot oven for about 15 minutes.
5. Finely chop the spring onions and toss them with lemon juice, olive oil and salt in the bottom of a salad bowl.
6. Finely dice the red pepper and cucumber.
7. Halve the avocado, remove the stone and scoop the flesh out with a spoon. Finely dice the avocado.
8. Finely chop the kale and roughly chop the herbs.
9. Toss the greens, blueberries and dressing together with the spring onions in the bowl.

Nutritional content per serving: Energy: 620 kcal · Protein: 35 g · Fat: 43 g · Carbohydrates: 30 g · Fibre: 12 g

Tip!
If your salmon is fresh and of good quality, you can shorten the baking time by a few minutes. This will make the salmon both juicier and tastier.

Tip!
This dressing is the same as for the Falafel Plate on page 68. So why not save time by making a double portion?

Tip!
Use any leftover feta for a portion of Spicy Prawn Avocado Salad (page 48) or Kale and Chicken Salad (page 94).

Roasted Tomato and Cauliflower Salad

Serves 2 · 35 minutes

5-6 sprigs fresh thyme
2 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp smoked paprika
1 tsp acacia honey
½ tsp sea salt
Freshly ground pepper
450 g (1 lb) **large tomatoes**
200 g (7 oz) **cauliflower**
85 g (3 oz) **pearl barley, uncooked**
(cooked weight = 200 g / 7 oz)
2 handfuls of rocket
85 g (3 oz) **feta**
2 tbsp pickled red onion
→ See *recipe p. 94*

Tahini dressing
Juice and zest of ½ lime
1 tbsp olive oil
1 tbsp cold water
1 tsp freshly grated ginger
1 tsp tahini
1 tsp soy sauce

1. Preheat the oven to 200°C fan/425°F/Gas Mark 6.

2. Pluck the leaves from the thyme stalks and mix them in a large bowl with the oil, balsamic vinegar, paprika, honey, salt and pepper.

3. Cut the tomatoes into quarters, removing the stem with a small triangular cut. Cut the cauliflower into large florets.

4. Toss the tomatoes and cauliflower florets in the marinade until fully coated. Place them in a single layer in an oven-proof dish or tray. Pour over the remaining marinade, then bake in a hot oven for 30 minutes, turning halfway through.

5. Rinse and cook the pearl barley according to the packet instructions. Drain using a sieve.

6. Combine the baked vegetables with the rocket, crumbled feta and cooked pearl barley.

7. Whisk or shake together the tahini dressing ingredients and pour over the salad.

8. Serve warm, topped with pickled red onions.

Nutritional content per serving: Energy: 626 kcal · Protein: 18 g · Fat: 35 g · Carbohydrates: 65 g · Fibre: 15 g

Every Colour Bolognese

The trick here is to remove the bolognese from the heat when the vegetables are tender but while they still retain their beautiful colours.

Serves 2 · 45 minutes

1 red onion
2 cloves of garlic
2-3 stalks of celery
1 handful of fresh herbs,
  e.g. basil and thyme
1 red pepper
1 large carrot
100 g (5 oz) red cabbage
2 tbsp olive oil
150 g (7 oz) minced chicken, 3-7% fat
2 tsp dried oregano
½ tsp smoked paprika
1 bay leaf
85 g (3 oz) concentrated tomato puree
70 g (2½ oz) wholemeal spaghetti
(uncooked weight)
Pinch of sea salt for the spaghetti
1-2 tsp sea salt for the sauce
Freshly ground pepper
Around 240 ml (8½ fl oz) cooking water
from the spaghetti
25 g (1 oz) Parmesan cheese

1. Roughly chop the red onion and fresh herbs. Thinly slice the garlic and celery. Then finely dice the pepper, carrot and red cabbage.

2. Bring a large pan of water to the boil. Add the spaghetti and cook according to the packet instructions. Ensure there is plenty of water in the pan.

3. Heat the oil in a deep frying pan over a medium heat. Add the red onion and garlic, stirring for a minute until the onion softens. Don't let it brown.

4. Add the minced chicken to the pan and cook for a few minutes, breaking it into small pieces with a spoon. Stir in the oregano, smoked paprika, bay leaf and tomato puree.

5. Add the chopped vegetables and fresh herbs. Bring the sauce to the boil, then reduce the heat and let it simmer while the spaghetti finishes cooking.

6. Once the spaghetti is cooked, carefully drain it using a colander. Keep the cooking water.

7. Pour the water into the sauce and stir to combine. Simmer for about 10 minutes until the vegetables are tender but still vibrant in colour.

8. Remove the bay leaf from the sauce. Season with salt and freshly ground pepper to taste. Serve immediately with grated Parmesan and freshly ground pepper on top.

Nutritional content per serving: Energy: 594 kcal · Protein: 35 g · Fat: 27 g · Carbohydrates: 61 g · Fibre: 13 g

Tip!
Some of the starch from the spaghetti will boil out in the water. Therefore, a little cooking water will give the meat sauce a smooth and rich texture that sticks well to the spaghetti.

Tip!
Soak extra chickpeas and make a portion of Spicy Chicks as a snack. Recipe on page 59.

Tip!
If you don't have time to soak chickpeas, you can use cooked tinned ones, but the falafels may crumble. In this case, add a few tablespoons of wholemeal flour to the batter.

Almond Turmeric Falafel Plate

Serves 2 · 45 minutes (plus time to soak the chickpeas)

100 g (3½ oz) **dried chickpeas**
(= 200 g / 7 oz soaked chickpeas)
1 litre (1¾ pints) **cold water**
40 g (1½ oz) **almonds**
2 cm (¾ inch) **fresh turmeric root**
2 handfuls of broad-leaved parsley
2 tsp tahini
1 clove of garlic
Juice of 1 lime
2 tbsp olive oil
1 tsp cumin
1 pinch freshly ground black pepper
½ tsp sea salt
1 tbsp olive oil, for baking

Salad
100 g (3½ oz) **cauliflower**
100 g (3½ oz) **red cabbage**
1 large carrot
1 avocado
¼ cucumber
15 g (½ oz) **red onion**
½ chilli pepper

Tahini dressing
Juice and zest of ½ lime
1 tbsp olive oil
1 tbsp cold water
1 tsp freshly grated ginger
1 tsp tahini
1 tsp soy sauce

1. [Pre-soak] Pour the dried chickpeas into a large bowl and cover with cold water. Cover with a lid or cling film and leave on the side for 10-12 hours.

2. [Cook] Drain the chickpeas in a sieve, rinse with clean water and let them drain thoroughly.

3. Finely chop the almonds in a food processor, transfer to a deep dish and set aside.

4. Peel the turmeric root. Add it to the food processor with the chickpeas, parsley, tahini, garlic, lime juice, oil and spices. Blend until smooth, scraping down the sides occasionally to ensure everything is finely blended. This will take a few minutes.

5. Preheat the oven to 200°C fan/425°F/Gas Mark 6.

6. Using two tablespoons dipped in oil, form the mixture into spherical falafels the size of ping pong balls. This mixture should give you 8-9 falafels. Roll each one in the chopped almonds and place them on a baking tray lined with baking paper. Drizzle with olive oil and bake for 15 minutes until golden and crispy. Allow to cool slightly.

7. Meanwhile, finely chop the cauliflower and divide between two plates, spreading it out to act as a base. Finely slice the red cabbage and carrot so it's ultra-thin. Halve the avocado, remove the stone, scoop out the flesh with a spoon and slice thinly. Dice the cucumber into small cubes.

8. Arrange the vegetables and falafels on the cauliflower base. Thinly slice the red onion and chilli and sprinkle over the top.

9. Whisk or shake the dressing ingredients together and drizzle over the falafels and vegetables.

Nutritional content per serving: Energy: 627 kcal · Protein: 19 g · Fat: 39 g · Carbohydrates: 60 g · Fibre: 21 g

Salmon soup

Serves 2 · 35 minutes

225 g (8 oz) **fresh salmon**
Juice of ½ lime
Sprinkle of sea salt
½ leek
1 red pepper
1 clove of garlic
½ fennel
1½ cm (½ inch) **fresh ginger**
4 lacinato kale leaves
2 tbsp olive oil
1 tsp smoked paprika
120 ml (4 fl oz) **coconut milk**
120 ml (4 fl oz) **homemade broth**
→ *See recipe p. 90*
120 ml (4 fl oz) **boiling water**
Zest of ½ lime
½ tsp sea salt
Freshly ground pepper
1 handful of fresh dill
2 slices of wholemeal bread

1. Remove the skin from the salmon and cut the flesh into 1½ cm (½ inch) pieces. Toss the salmon with lime juice and salt, then set aside.

2. Rinse the leeks thoroughly and slice them thinly. Cut the red pepper into cubes. Peel and finely chop the garlic.

3. Remove the root from the halved fennel with a triangular cut, then slice the rest ultra-thin. Cut the ginger into thin slices.

4. Trim the coarsest parts of the stalks from the kale and chop it finely.

5. Heat the olive oil in a pan over medium-high heat. Add the leeks, fennel and red pepper, and sauté for a few minutes while stirring. Add the garlic, ginger and smoked paprika, and sauté for another minute.

6. Pour in the coconut milk, water and broth. Bring the soup to the boil, then reduce the heat and simmer for 10 minutes until the vegetables are tender.

7. Add the kale and salmon to the soup and simmer for a few more minutes until the salmon is cooked.

8. Flavour with lime zest, salt and plenty of freshly ground pepper. Divide the soup into two bowls, ensuring the salmon and vegetables are evenly distributed. Serve with a sprinkling of dill and slices of wholemeal bread on the side.

Nutritional content per serving: Energy: 657 kcal · Protein: 30 g · Fat: 46 g · Carbohydrates: 32 g · Fibre: 7 g

Tip!
You can use a ready-made broth or stock cubes instead of homemade broth.

Tip!
You can use a different variety of quinoa, but bear in mind the cooking time may vary.

Tip!
Use the rest of the can of kidney beans for a Blueberry Protein Bowl. You can find the recipe on page 82.

Celery Quinoa Salad

Serves 2 · 45 minutes (plus time to soak the chickpeas)

70 g (2½ oz) **red quinoa** (uncooked weight)
4-5 stalks of celery
55 g (2 oz) **dates, without stones**
200 g (7 oz) **cauliflower**
1 red pepper
1 chilli pepper
½ can of kidney beans

Dressing
2 tbsp lemon juice
2 tbsp olive oil
1 tsp acacia honey
½ tsp sea salt
½ tsp dried oregano
Freshly ground pepper

Topping
25 g (1 oz) **Parmesan cheese**
2 tbsp roasted ginger oats

1. Cook the quinoa in plenty of boiling water for 15 minutes, until tender. Drain and set aside to cool.
2. Place the celery in ice water for 15 minutes to crisp.
3. Prepare the dressing in a large salad bowl by mixing the ingredients thoroughly. Finely chop the dates and stir them into the dressing.
4. Rinse and drain the kidney beans.
5. Cut the cauliflower into small florets and the chilli into thin slices. Finely dice the red pepper.
6. Remove the celery from the ice water and slice thinly.
7. Toss the cooled quinoa, kidney beans and prepared vegetables with the dressing until evenly coated.
8. Cut the Parmesan into small cubes, sprinkle over the salad, and top with toasted oats.

Nutritional content per serving: Energy: 627 kcal · Protein: 19 g · Fat: 39 g · Carbohydrates: 60 g · Fibre: 21 g

Toasted ginger oats

Multiple servings · 5 minutes

100 g (3½ oz) **rolled oats, preferably coarsely cut**
2 tsp ground ginger
1 pinch of salt
1 tbsp olive oil

1. Toast the oats, ginger and salt in oil over high heat in a frying pan, stirring frequently, until golden. Shake the pan regularly and keep an eye on it to prevent it burning.
2. Spread the toasted mixture on baking paper and leave to cool.

Nutritional content per 100 g.: Energy: 473 kcal · Protein: 15 g · Fat: 20 g · Carbohydrates: 61 g · Fibre: 10 g

Chunky Teriyaki Salmon

Serves 2 · 20 minutes

70 g (2½ oz) **wholemeal spaghetti** (uncooked weight)
225 g (8 oz) **fresh salmon**
1 tsp smoked paprika
Pinch of sea salt
1 red onion
100 g (3½ oz) **green asparagus**
200 g (7 oz) **tenderstem broccoli**
1 red pepper
2 tbsp olive oil
4 tbsp homemade teriyaki sauce
→ *See recipe p. 112*
Freshly ground pepper

1. Cook the spaghetti according to the packet instructions. Remove the salmon skin and cut the flesh into large pieces, about 2½ cm (1 inch). Season with paprika and salt.

2. Peel the red onion and cut it into wedges. Trim the woody ends off the green asparagus and chop it into 2½ cm (1 inch) pieces. Trim the tenderstem broccoli and split any thicker stalks. Cut the red pepper into large squares.

3. Heat the oil in a large frying pan over medium-high heat. Fry the salmon pieces for a few minutes, turning frequently to cook all sides. Remove the salmon and set aside.

4. Add the onion to the pan and fry for a few minutes. Add the vegetables and cook for 3–4 minutes, stirring occasionally.

5. Turn off the heat. Drain the spaghetti and toss it with the cooked vegetables. Return the salmon to the pan and mix everything with the teriyaki sauce.

6. Serve immediately, topped with a twist of freshly ground black pepper.

7. Serve immediately with freshly ground pepper.

Nutritional content per serving: Energy: 597 kcal · Protein: 36 g · Fat: 31 g · Carbohydrates: 45 g · Fibre: 12 g

Tip!
If you don't have tenderstem broccoli, you can use small broccoli florets instead.

BBQ Mushroom Kebabs

It's barbecue time! Invite some friends and serve up these portobello kebabs alongside the mayo-marinated chicken type on the next page. Healthy BBQ options for everyone!

Servings 2 · 35 minutes (plus marinating time)

2 large portobello mushrooms
(around 300 g/10½ oz)
12 cherry tomatoes
1 tsp olive oil

Marinade
1 clove of garlic
2 tbsp olive oil
1 tbsp soy sauce
1 tbsp lime juice
2 tsp acacia honey
1 tsp dried oregano
1 tsp freshly grated ginger
Freshly ground pepper

Coleslaw
1-2 spring onions
1 handful of parsley leaves
200 g (7 oz) pointed cabbage
70 g (2½ oz) pitted Kalamata olives

Coleslaw dressing
4 tbsp of natural kefir
2 tbsp mayonnaise
1 tsp wholegrain mustard
1 tsp apple cider vinegar
1 tsp freshly grated ginger
Pinch of sea salt
Freshly ground pepper

Aioli
2 tbsp mayonnaise
½ clove of garlic
Freshly ground pepper

1. Wipe the portobello mushrooms clean. Remove the stems and scrape out the gills with a spoon, then cut the mushrooms into 2½ cm (1 inch) cubes.

2. Peel and press the garlic, then mix it with the other marinade ingredients in a large bowl. Toss the mushroom cubes in the marinade, cover with cling film and refrigerate for at least an hour, or preferably overnight.

3. Drain the marinade, then thread the mushrooms and cherry tomatoes onto skewers. Drizzle lightly with olive oil and grill or griddle using a high heat for about 10 minutes. Turn regularly to cook the mushrooms evenly on all sides.

4. Slice the olives and finely chop the spring onions, parsley and cabbage.

5. In a large bowl, mix the coleslaw dressing ingredients, then fold in the vegetables until well coated.

6. Make a quick aioli by combining the mayonnaise and pressed garlic, and season with freshly ground pepper.

Nutritional content per serving: Energy: 517 kcal · Protein: 11 g · Fat: 43 g · Carbohydrates: 33 g · Fibre: 9 g

Mayo-marinated Chicken Kebabs

Servings 2 · 50 minutes (plus marinating time)

250 g (9 oz) **chicken breast fillet**
8 cherry tomatoes
½ red pepper
1 small red onion

Marinade
1 clove of garlic
2 tbsp mayonnaise
Juice and zest of ½ lime
1 tsp dried oregano
1 tsp smoked paprika
½ tsp sea salt
Freshly ground pepper

Chimichurri
1 clove of garlic
2 handfuls of parsley
1 chilli pepper, preferably green
1 tsp dried oregano
1 tsp freshly grated ginger
2 tbsp olive oil
1 tbsp apple cider vinegar
Pinch of sea salt

Raspberry salad
½ red pepper
200 g (7 oz) **cauliflower**
150 g (5 oz) **green cabbage**
70 g (2½ oz) **raspberries**

1. Peel and press the garlic for the marinade. Combine it with the mayonnaise, lime and spices in a plastic bag. Cut the chicken into 2½ cm (1 inch) cubes, add them to the bag, and massage the marinade into the meat. Seal the bag and refrigerate for at least an hour, or preferably overnight.

2. Chop half of the red pepper into 2½ cm (1 inch) squares. Set the rest aside for the raspberry salad. Peel the red onion and cut it into wedges.

3. Remove the chicken pieces from the marinade and thread them onto skewers, alternating with pieces of red pepper, onion wedges and tomatoes. Grill or griddle the skewers over a medium-high heat for about 20 minutes, turning regularly to cook evenly on all sides.

4. Finely chop the garlic, chilli and parsley for the chimichurri. Combine them with oregano, ginger, oil, vinegar and salt.

5. Dice the remaining red pepper into small cubes. Cut the cauliflower into small florets and the cabbage into thin strips. Mix the cabbage with half the chimichurri and gently fold in the raspberries.

6. Drizzle the remaining chimichurri over the skewered chicken before serving.

Tip!
Mayonnaise comes in many varieties, and its healthiness depends on the oil used. Choose one made with olive, rapeseed or avocado oil, free from sugar and additives. You can also make your own – the recipe is on page 40.

Nutritional content per serving: Energy: 582 kcal · Protein: 45 g · Fat: 32 g · Carbohydrates: 30 g · Dietary fibre: 2 g

The Big Greek Burger

Servings 2 · 40 minutes

1 handful of parsley leaves
5-6 fresh mint leaves
1 red onion
170 g (6 oz) minced chicken, 3-7% fat
55 g (2 oz) feta cheese
Zest of ½ lime
½ tsp dried oregano
2 large portobello mushrooms (approx. 300 g/10½ oz)
1 tbsp olive oil
½ tsp sea salt
Freshly ground pepper
1 handful of fresh spinach leaves
1 tomato
¼ cucumber
25 g (1 oz) Kalamata olives

Mint/kale tzatziki:
240 ml (8½ fl oz) kefir or plain yoghurt
1 clove of garlic
3-4 fresh mint leaves
70 g (2½ oz) kale
1 tbsp mayonnaise
1 tbsp olive oil
Pinch of sea salt

1. Leave the yoghurt for the tzatziki to drain in a coffee filter or clean cloth while you prepare the burger.

2. Finely chop the parsley and mint. Peel the red onion and chop it finely. Mix both with the chicken, crumbled feta, lime zest and oregano. Continue stirring until all the burger ingredients are evenly mixed together.

3. Switch on the oven to 220°C fan/475°F/Gas Mark 9.

4. Form the meat into two patties and place them on baking paper on a baking tray. Leave room for the mushrooms.

5. Clean the soil and dirt from the portobello mushrooms. Cut away the stem and scrape out the gills with a spoon. Slice the mushrooms to resemble burger buns.

6. Place the mushrooms on the baking tray next to the hamburgers. Drizzle both with olive oil and sprinkle with salt and pepper. Place the tray in the hot oven and bake for about 15 minutes. Turn both the burgers and mushrooms halfway through the baking time.

7. Peel and press the garlic. Finely chop the mint leaves. Tear the kale leaves and chop them finely (or use chopped kale straight from the bag).

8. Stir the garlic, mint and kale into the yoghurt along with mayonnaise, olive oil and salt.

9. Build two burgers using the mushrooms as the buns. Add spinach, tzatziki, the burger and top with slices of tomato and cucumber. Serve with olives on the side.

Nutritional content per serving: Energy: 569 kcal · Protein: 35 g · Fat: 34 g · Carbohydrates: 18 g · Dietary fibre: 8 g

Tip!
Pickled red onion goes well with most things – including this burger! The recipe is on page 94.

Tip!
If you don't have spicy chickpeas, you can use cooked tinned chickpeas instead.

Tip!
Use the rest of the kidney beans for a Celery Quinoa Salad on page 72.

Blueberry Protein Bowl

Green proteins in multiple flavours ensure you don't go to bed hungry

Servings 2 · 35 minutes

55 g (2 oz) **red quinoa (uncooked weight)**
125 g (4½ oz) **tenderstem broccoli**
125 g (4½ oz) **green asparagus**
½ tsp sea salt
1 avocado
½ can of kidney beans
100 g (3½ oz) **peas, fresh or defrosted**
85 g (3 oz) **blueberries**
100 g (3½ oz) **spiced chickpeas**
→ See recipe p. 59

Dressing
120 ml (½ cup) **kefir or plain yoghurt**
Juice and zest of ½ lime
1 tsp coarse mustard
Pinch of sea salt
Pinch vanilla powder
Freshly ground pepper

1. Cook the quinoa in plenty of boiling water for 15 minutes until tender. Drain off excess water and let the quinoa cool slightly.

2. Meanwhile, break off and discard the coarse part of the green asparagus. Trim the broccoli stems and split the thickest ones into finer pieces.

3. Place the asparagus and broccoli in a heatproof bowl and sprinkle with salt. Blanch by pouring boiling water over them. Leave the vegetables in the water for a few minutes and then drain in a sieve.

4. Halve the avocado, remove the stone and scoop the flesh out of the skin with a tablespoon. Place the avocado cut side down and cut it lengthways into thin slices.

5. Rinse the kidney beans and drain in a sieve.

6. Arrange all the vegetables, blueberries and ginger on two deep plates.

7. Mix the dressing ingredients together and serve.

Nutritional content per serving: Energy: 605 kcal · Protein: 28 g · Fat: 18 g · Carbohydrates: 69 g · Fibre: 25 g

Steamed Lemon Halibut

Servings 2 · 40 minutes

55 g (2 oz) **wholemeal rice** (raw weight)
Pinch of sea salt
250 g (9 oz) **halibut fillet**
1 tsp olive oil
½ lemon
½ tsp sea salt
Freshly ground pepper
Seeds from ½ pomegranate
1 handful of fresh parsley

Pear salad
200 g (7 oz) **green cabbage**
1 pear
25 g (1 oz) **pecans**
1 tbsp olive oil
1 tsp apple cider vinegar
1 tsp coarse mustard
1 tsp lemon zest
Pinch of sea salt
Freshly ground pepper

1. Cook the rice with a little salt according to the instructions on the packet.

2. Preheat the oven to 175°C fan/375°F/Gas Mark 4.

3. Place the halibut in an oven-proof dish. Drizzle with a little oil and sprinkle with salt and pepper. Cut a few large slices of the lemon and place them on the fish. Squeeze the juice of the rest on top. Place the dish in the oven for 10-12 minutes.

4. Meanwhile, cut the cabbage into ultra-thin slices. Remove the stem and core from the pear and cut it into thin slices. Roughly chop the pecans.

5. Whisk or shake a vinaigrette of oil, vinegar, mustard, lemon zest, a little salt and pepper. Toss the cabbage, pear and pecans in the vinaigrette.

6. Scrape, shake or knock the seeds out of the pomegranate (see below). Finely chop the parsley. Fold the pomegranate seeds and parsley into the hot rice.

   (There are plenty of suggestions for getting the seeds out of a pomegranate. My favourite method is to start by rolling the fruit hard along a worktop to loosen the seeds inside. Then score a line around the middle of the fruit, making sure that the cut only goes through the skin. Twist the two halves apart along the score line and scrape out the seeds with a spoon. The red juice is a strong dye, so make sure you protect your worktop and fingers against staining.)

Tip!
Make some cabbage salsa with the remaining pomegranate. The recipe is on page 45.

Nutritional content per serving: Energy: 599 kcal · Protein: 31 g · Fat: 35 g · Carbohydrates: 44 g · Fibre: 8 g

Tip!
Use the remaining coconut milk for a Spicy Spinach Soup. The recipe is on page 106.

Cauliflower Curry

Servings 2 · 55 minutes

2 spring onions
2 cloves of garlic
2 cm (¾ inch) **fresh turmeric root**
2 cm (¾ inch) **fresh ginger**
450 g (1 lb) cauliflower
1 tin of chickpeas
2 tbsp olive oil
1-2 tbsp hot curry
1 tsp ground cinnamon
70 g (2½ oz) **concentrated tomato paste**
½ can of coconut milk
1 tsp sea salt
Freshly ground pepper
4 handfuls of fresh spinach leaves
½ red pepper

1. Cut the spring onions into thin slices. Peel and chop the garlic. Peel the turmeric and ginger and chop both finely.

2. Divide the cauliflower into small florets and cut the stem into small cubes.

3. Rinse the chickpeas and drain them using a sieve.

4. Heat the oil in a pan over medium-high heat.

5. Fry the onion, turmeric, ginger, curry, cinnamon and tomato paste while stirring for a few minutes.

6. Add the cauliflower, chickpeas and coconut milk to the pot. Add a good sprinkle of salt and freshly ground pepper. Turn down the heat and let the curry simmer for at least 30 minutes, but preferably an hour.

7. While you're waiting, finely dice the pepper into small cubes.

8. When the curry has finished cooking, remove the pan from the heat and stir in the spinach leaves and diced red pepper, and serve immediately.

Nutritional content per serving: Energy: 585 kcal · Protein: 19 g · Fat: 35 g · Carbohydrates: 61 g · Fibre: 20 g

Okonomiyaki Waffles

These thick pancakes are a tasty way to empty the fridge. Both the vegetables in the batter and the toppings can be varied almost endlessly.

Servings 2 (1 waffle per person) · 45 minutes

1 egg
55 g (2 oz) white wholemeal wheat flour
100 ml (3½ fl oz) cold water
1 tbsp soy sauce
2 tsp freshly grated ginger
1 tsp ground turmeric
½ tsp cayenne pepper
1 tsp salt
150 g (5¼ oz) pak choi cabbage
1 leek
2 tsp olive oil, for frying

Topping
250 g (9 oz) prawns
1 avocado
½ red pepper
15 g (½ oz) salted almonds
→ See recipe p. 30
2 tbsp freshly chopped dill

Thousand Island dressing
2 tbsp kefir or plain yoghurt
1 tbsp mayonnaise
15 g (½ oz) concentrated tomato paste
1 tbsp lime juice
½ tsp acacia honey
½ tsp apple cider vinegar
½ tsp smoked paprika
Pinch of cayenne pepper
Pinch of salt
Freshly ground pepper

1. Mix the ingredients for the dressing and refrigerate while you prepare the rest of the meal.

2. Next, whisk egg, flour, water, soya, ginger, spices and salt in a large mixing bowl until smooth. Cut the pak choi and leek into ultra-thin slices and mix into the batter.

3. Heat a waffle iron to a high heat and carefully brush it with a little olive oil if necessary. Pour in the batter and bake until the okonomiyaki waffles are golden and crispy. This takes around 4 minutes (depending on your waffle iron).

4. Pour the prawns into a sieve and let them drain.

5. Halve the avocado, remove the stone and scrape out the flesh with a spoon. Cut the avocado into ultra-thin slices. Gently press on the avocado with the flat of your hand or the blade of a knife so that the slices unfold like a fan.

6. Finely dice the red pepper. Roughly chop the almonds and dill.

7. Place the two waffles on two plates and top with the avocado slices, prawns, bell pepper and almonds. Sprinkle with dill and freshly ground pepper. Serve with the dressing.

   (Check your waffle iron's instructions to see if it requires greasing.)

Nutritional content per serving: Energy: 604 kcal · Protein: 38 g · Fat: 31 g · Carbohydrates: 49 g · Fibre: 14 g

Tip!
If you don't have a waffle iron, you can fry the okonomiyaki in a frying pan. They need 12-15 minutes per side over a medium heat.

Bone broth

Bone broth – or homemade meat stock – is a clear liquid made from simmering bones and vegetables. It can be sipped as a warm drink, enjoyed as a rich soup, or used to enhance the flavour of various dishes. When you prepare a broth, beneficial nutrients are released into the water – especially collagen, a protein that serves as one of the body’s key building blocks.

For several meals · 3+ hours

1 chicken (approx. 1½ kg /3.3 lb)
2 litres (67½ fl oz) **cold water**
2 leeks
2 carrots
2 stalks of celery
1 parsnip
1 red onion
55 g (2 oz) **fresh ginger**
6-8 sprigs of fresh thyme
1 bay leaf
20 whole black peppercorns
2-3 tsp sea salt

One portion provides around 500 g (1.1 lb) of chicken meat and 1.6 litres (56 fl oz) of broth.

You can chill or freeze your broth for use in lots of dishes. For example, pesto 'n' broth, chilli chicken tomato soup or kale and chicken salad. (See the following pages for the recipes.)

If there's any extra leftover chicken, try making a chopped chicken salad for lunch (see recipe on page 49).

1. Use a ready-to-cook chicken or clean the bird by removing the giblets and trimming excess skin. Joint the chicken to separate the thighs, wings breast and back pieces.

2. Place the chicken pieces in a large pan over medium heat, add the water and bring to a boil.

3. Meanwhile, cut the leeks, carrots and celery into thick slices.

4. Cut the parsnip into large chunks. Peel the onion and cut it into quarters. Slice the ginger.

5. Once the broth reaches a boil, skim off any foam from the surface.

6. Add all the vegetables, along with the thyme, bay leaf and peppercorns. Ensure the water covers everything. Bring to a boil again, then reduce the heat so the broth just simmers. Start the timer now.

7. After about an hour of simmering, the meat is cooked. Remove the chicken pieces and pull the meat from the bones. Place the meat in the fridge as soon as possible. Discard the skin but return the bones and cartilage to the pan. Allow the broth to simmer for another 1-2 hours (or up to five hours if you have time).

8. Finally, remove the chicken bones and vegetables, and strain the broth through a fine-mesh sieve. Season the broth, adjusting the salt to taste. Refrigerate as soon as possible.

9. Once the broth is cold, skim off the solidified fat from the top. Store the stock in a sealed container in the fridge or freeze in smaller portions of approximately 240 ml. It will keep in the fridge for 3-4 days or in the freezer for 3-4 months.

Nutritional content per 100 ml.: Energy: 38 kcal · Protein: 4 g · Fat: 2 g · Carbohydrates: 1 g · Fibre: 0 g

Tip!
Avoiding food waste is important, but there's little benefit in eating the overcooked vegetables, as all the nutrients have been boiled into the broth.

Tip!
Enjoy a glass of warm, nourishing broth fresh from the pan.

Pesto 'n' Broth

Serves 2 · 15 minutes · Nutritional content per person: Energy: 601 kcal · Protein: 31 g · Fat: 38 g · Carbohydrates: 33 g · Fibre: 6 g

750 ml (25½ fl oz) **homemade broth**
  → *see recipe on p 90*
4 handfuls of kale
6 tbsp hazelnut pesto (see below)
2 slices of whole grain bread
Freshly ground pepper

1. Heat the broth thoroughly in a saucepan.
2. Roughly chop the kale and blanch it in boiling water. Let it drain in a sieve.
3. Divide the kale and pesto between two deep bowls. Pour the broth over it. Serve with a slice of wholegrain bread and season with freshly ground pepper.

Hazelnut pesto

For multiple servings · 10 minutes · Nutritional content per 100 g: Energy: 559 kcal · Protein: 10 g · Fat: 57 g · Carbohydrates: 6 g · Fibre: 2 g

1 clove of garlic
25 g (1 oz) **roasted hazelnuts**
  → *see recipe on p 34*
1 large handful of fresh basil
25 g (1 oz) **Parmesan cheese**
Zest of ½ lemon
A pinch of salt
4 tbsp olive oil

1. For the pesto, finely chop the garlic, roasted hazelnuts and basil (including the stems). Grate the Parmesan cheese on a fine grater.
2. Mix together with finely grated lemon zest, salt and olive oil to make a juicy pesto.

Chilli Chicken & Tomato Soup

Serves 2 · 40 minutes · Nutritional content per person: Energy 563 kcal · Protein 39 g · Fat 33 g · Carbohydrates 29 g · Fibre 11 g

2 carrots
2 sticks of celery
1 small red onion
1 clove of garlic
3 tbsp olive oil
225 g (8 oz) **minced chicken,** 3–7% fat
115 g (4 oz) **concentrated tomato purée**
1 tsp cayenne pepper, to taste
½ tsp smoked paprika
½ tsp sea salt
480 ml (16 fl oz) **homemade broth**
→ *see recipe on p 90*
240 ml (8 fl oz) **boiling water**
100 g (3½ oz) **broccoli**
6 leaves of cavolo nero

1. Peel the carrots and dice into small cubes. Thinly slice the celery. Finely chop the onion and garlic.
2. Heat the oil in a pan over a medium-high heat. Sauté the carrots, celery, red onion and garlic for a couple of minutes.
3. Add the minced chicken and continue cooking, stirring until browned.
4. Add the tomato purée, stirring well to combine with the chicken. Add the spices and salt.
5. Pour in the broth and boiling water, bring to the boil, then simmer for 15 minutes.
6. Break the broccoli into small florets. Remove the thickest part of the cavolo nero stems then cut the leaves into bite-sized pieces.
7. Stir the broccoli and cavolo nero into the soup, allowing them to simmer for the last 3-4 minutes of the cooking time.

Tip!
You can use store-bought stock or bouillon cubes instead of homemade broth.

Tip!
Substitute the chicken with a can of white beans if you want to make the soup meat-free.

Tip!
If you don't have homemade broth, you can make the salad with fried chicken breast fillet and a little stock from a shop-bought stock cube.

Kale and Chicken Salad

Serves 2· 15 minutes

1 bunch of cavolo nero, approx.
300 g (10½ oz)
1 small fennel bulb
½ orange
225 g (8 oz) **cooked chicken**
→ *Recipe p 90*
A pinch of sea salt
55 g (2 oz) **feta cheese**
2 tbsp pickled red onions (see below)

Broth dressing
4 tbsp homemade broth
→ *see recipe on p 90*
3 tbsp olive oil
Juice of ½ orange
1 tsp freshly grated ginger
Freshly ground pepper

1. Remove the thickest part of the stems from the cavolo nero and slice the leaves into thin strips.
2. Cut the base from the fennel with a triangular cut. Slice the rest into fine strips. Reserve the green fronds for garnish, if desired.
3. Halve the orange. Squeeze the juice from one half for the dressing. Peel the other half, remove the pith, and slice the flesh into thin wedges.
4. Whisk the dressing ingredients together in a large mixing bowl.
5. Tear or cut the chicken into bite-sized pieces, sprinkle with a little salt, and toss with the vegetables in the dressing.
6. Divide the salad between two large, deep plates. Top with crumbled feta and pickled red onions.

Nutritional content per serving: Energy: 601 kcal · Protein: 36 g · Fat: 43 g · Carbohydrates: 19 g · Fibre: 8 g

Pickled red onions

For multiple meals · 25 minutes

2 tbsp acacia honey
100 ml (3½ fl oz) **apple cider vinegar**
100 ml (3½ fl oz) **cold water**
10 whole black peppercorns
2 red onions

1. Mix the honey, vinegar, water and peppercorns in a saucepan and bring to the boil.
2. Chop the red onions into very thin wedges then add them to the saucepan, cover and simmer over a low heat for 20 minutes.
3. Pour the ingredients into a clean jar and leave to cool. Once cool, add the lid. The pickled red onions will keep for at least a couple of weeks in the fridge.

Nutritional content per 100 g: Energy: 114 kcal · Protein: 1 g · Fat: 0 g · Carbohydrates: 27 g · Fibre: 2 g

Tip!
You can make congee with fried chicken breast fillet and a stock cube.

Quinoa Chicken Congee

Congee is a cross between a porridge and a soup. This version has more texture with quinoa and whole grain rice, along with a boost of vegetables.

Serves 2 · 40 minutes

240 ml (8 fl oz) **homemade broth**
→ *Recipe p 90*
240 ml (8 fl oz) **cold water**
2 tsp olive oil
2 spring onions
1 clove of garlic
2 tsp freshly grated ginger
55 g (2 oz) **red quinoa** (**dry weight**)
55 g (2 oz) **whole grain rice**
225 g (8 oz) **cooked chicken**
→ *Recipe p 90*
250 g (9 oz) **pak choi**
A pinch of sea salt
Freshly ground pepper
½ red pepper
½ chilli
25 g (1 oz) **salted almonds**
→ *Recipe p 90*
Soy sauce to taste

1. Mix the broth, water and olive oil in a pan over a medium-high heat and bring to the boil.
2. Thinly slice the spring onions, reserving a few dark green slices for a garnish. Peel and finely chop the garlic.
3. Add the spring onions, garlic, ginger, quinoa and rice to the pan. Bring back to the boil, then reduce the heat slightly. Simmer for 30 minutes, stirring occasionally, until the rice and quinoa are tender.
4. Meanwhile, remove the base from the pak choi, separate the leaves and slice them into thin, lengthwise strips.
5. Tear or cut the chicken into bite-sized pieces and add them to the pan along with the pak choi. If the rice has absorbed all the liquid, add a bit of boiling water. The congee should be moist but not as liquid as a soup.
6. Turn up the heat a little and cook for a few minutes, stirring, until the chicken is heated through and the pak choi is tender. Season with salt and pepper to taste.
7. Finely dice the pepper and thinly slice the chilli.
8. Divide the congee into two deep bowls and garnish with the reserved spring onion, pepper, chilli and coarsely chopped almonds. Drizzle with a little soy sauce.

Tip!
Don't be confused if you come across different names for this small white cabbage with large green leaves. Pak choi, pak choy, pok choi and bok choy are all the same vegetable.

Nutritional content per serving: Energy: 566 kcal · Protein: 47 g · Fat: 34 g · Carbohydrates: 41 g · Fibre: 7 g

Fish Cakes

Serves 2 · 35 minutes

225 g (8 oz) **salmon fillet**
2 cm (¾ inch) **fresh turmeric root**
1 small red onion
½ chilli pepper
Juice and zest of ½ lime
1 tsp sea salt
40 g (1½ oz) **rolled oats**
1 egg
2 tsp olive oil, for baking
Freshly ground pepper

Caper Mayo
1 tsp capers
2 tbsp mayonnaise
Zest of ½ lime
A pinch of sea salt
Freshly ground pepper

Sautéed Spinach
1 clove of garlic
1 tbsp olive oil
250 g (9 oz) **spinach leaves,** frozen
A pinch of sea salt
Freshly ground pepper

1. Remove the skin from the salmon fillet and chop the flesh as finely as you can with a sharp knife.

2. Peel the turmeric root and chop it finely. Finely chop the red onion and chilli pepper.

3. Mix the salmon with the turmeric, red onion, chilli, lime and salt in a mixing bowl. Add the oats and eggs and mix well. Cover the bowl and leave the mixture in the fridge for 15 minutes.

4. Heat the oil in a frying pan on a low heat. Let the frozen spinach thaw in the pan.

5. Meanwhile, finely chop the capers. Mix with mayonnaise, lime zest, salt and pepper.

6. Preheat the oven to 175°C fan/375°F/Gas Mark 5.

7. Place a piece of baking paper on a baking tray. Form 6-7 balls of the salmon mince and place on the tray. Flatten the meatballs until they are about 1 cm deep. Drizzle with a little oil, sprinkle with ground pepper and place in the hot oven. Bake for 7-8 minutes.

8. Peel the garlic for the sautéed spinach, and cut it into thin slices.

9. Warm the frying pan on a medium heat and add the garlic. Stir-fry the garlic and spinach for a few minutes. Sprinkle with salt and pepper and serve.

Nutritional content per serving: Energy: 582 kcal · Protein: 35 g · Fat: 41 g · Carbohydrates: 18 g · Fibre: 7 g

Tip!
Fresh turmeric is a potent dye, so it's wise to wear disposable gloves when handling the orange root. You may also wish to use a knife dedicated to slicing turmeric.

Tip!
You can use ready-made frozen cauliflower rice. It's quick and easy. Just follow the instructions on the packet.

Chicken Chilli

Serves 2· 40 minutes

250 g (9 oz) **chicken thigh fillet**

Marinade
1 clove of garlic
1 tsp cayenne pepper
1 tsp cumin
1 tsp smoked paprika
1 tsp sea salt
Freshly ground pepper
1 tbsp olive oil
Juice of ½ lime

Sauce
1 red onion
1 chilli pepper
1 red pepper
1 tbsp olive oil
85 g (3 oz) **concentrated tomato purée**
175 ml (6 fl oz) **homemade broth**
→ Recipe p 90
100 g (3½ oz) **sweetcorn kernels,** tinned or thawed from frozen

Cauliflower Rice
200 g (7 oz) **cauliflower**

1. Remove any skin and excess fat from the chicken thigh fillets, and cut each into 3-4 pieces.

2. Peel and crush the garlic for the marinade. Mix the garlic, spices, salt and pepper with the oil and lime juice. Toss the chicken pieces in the marinade.

3. Peel and finely chop the red onion. Dice the pepper and finely chop the chilli pepper.

4. Heat the oil for the sauce in a pan over a medium-high heat.

5. Add the chicken and marinade to the pan, browning on both sides for 3-4 minutes. Remove the chicken and set aside, leaving the marinade in the pan.

6. Add the onion, chilli,and pepper to the pan and cook for a few minutes, stirring. Stir in the tomato purée. Add the broth and bring to a boil.

7. Return the chicken pieces to the pan. Drain the corn and add it to the mixture. Reduce the heat and let everything simmer over medium heat for 15 minutes.

8. Meanwhile, finely chop the cauliflower. Pour a little water into a saucepan over a medium heat. When the water boils, add the chopped cauliflower with a pinch of salt and steam for two minutes.

   (You can marinate the chicken in advance and store it in the fridge until it's time to cook the rest of the dish.)

   (If you haven't yet made your own broth, you can use chicken or vegetable stock from a cube.)

Nutritional content per serving: Energy: 603 kcal · Protein: 34 g · Fat: 38 g · Carbohydrates: 35 g · Fibre: 9 g

Blackberry and Black Bean Stir-Fry

Serves 2 · 30 minutes

- 55 g (2 oz) **blanched almonds**
- 200 g (7 oz) **broccoli**
- 150 g (5 oz) **kale**
- 2 cm (¾ inch) **fresh turmeric root**
- 150 g (5 oz) **cherry tomatoes**
- 1 handful of **fresh basil**
- ½ tin **black beans**
- 2 tbsp **olive oil**
- 2 tbsp **soy sauce**
- 70 g (2½ oz) **blackberries**
- A pinch of **sea salt**
- **Freshly ground pepper**

1. Divide the broccoli into small florets. Strip the kale from the stems into bite-sized pieces.
2. Peel the turmeric root and chop it finely. Halve the tomatoes. Slice the basil into thin strips.
3. Rinse the black beans to remove the liquid from the can, then let them drain in a sieve.
4. Heat the oil in a wok or large frying pan over high heat.
5. First, stir-fry the broccoli, black beans and turmeric for a couple of minutes. Add the kale, cherry tomatoes, almonds and soy sauce, and continue to stir-fry for a few more minutes until the kale has wilted and the tomatoes have softened slightly.
6. Turn off the heat and fold in the blackberries and basil. Divide onto two plates and sprinkle with a little salt and plenty of freshly ground pepper to taste.

Nutritional content per serving: Energy: 560 kcal · Protein: 21 g · Fat: 38 g · Carbohydrates: 32 g · Fibre: 16 g

Tip!

Blanched almonds add a delicate touch to this stir-fry and are also delicious on a portion of yoghurt or oatmeal. They are available to buy in most supermarkets, but recipes also exist online for blanching almonds with skins.

Roasted Cauliflower Steaks

Serves 2 · 35 minutes

1 large cauliflower (or 2 small)

Marinade
1 tbsp olive oil
1 tbsp lime juice
2 tsp acacia honey
½ tsp cayenne pepper
½ tsp ground turmeric
½ tsp sea salt
Freshly ground pepper

Sautéed Cavolo Nero
1 small bunch cavolo nero, approx. 200 g (7 oz)
1 clove of garlic
1 tbsp olive oil
A pinch of sea salt

Caper Salsa
40 g (1½ oz) **dates, pitted**
2 tbsp olive oil
2 tbsp lime juice
1 tsp freshly grated ginger
A pinch of sea salt
1 tbsp capers
25 g (1 oz) **almonds**
2 handfuls of parsley

1. Preheat the oven to 200°C fan/425°F/Gas Mark 7.

2. Mix the marinade in a small mixing bowl.

3. Cut four thick slices, about 2.5 cm, from the middle of the cauliflower heads.

4. Place the cauliflower on a lined baking tray. Brush the marinade onto the cauliflower. Put the tray in the oven and bake for about 25 minutes, until the cauliflower is tender.

5. Meanwhile, chop or mash the dates into a paste. Mix the paste with oil, lime juice, ginger and salt. Coarsely chop the capers, almonds and parsley, and stir into the salsa.

6. Trim the thickest part of the stems from the cavolo nero and slice the rest into thin strips. Peel and slice the garlic into very thin pieces.

7. Heat the oil in a frying pan over a medium-high heat. Sauté the garlic and cavolo nero for a couple of minutes, stirring until the kale has wilted. Sprinkle with salt and serve.

The best slices come from the middle of the cauliflower head, where the stem holds them together. This will leave some cauliflower florets as leftovers. Store them in a sealed container in the fridge – they'll keep well for about a week. You can use them later – for example, in our Cauliflower with Lemon Aioli (page 114) or in a Roasted Tomato and Cauliflower Salad (page 64).

Nutritional content per serving: Energy: 559 kcal · Protein: 16 g · Fat: 34 g · Carbohydrates: 57 g · Fibre: 18 g

Tip!
Don't worry if the cavolo nero doesn't immediately fit in your frying pan. The kale will wilt as it cooks, creating more space.

Tip!
It's easier (and cheaper) to use frozen spinach for spinach soup, and the nutritional value is comparable to fresh.

Spicy Spinach Soup

Serves 2 · 40 minutes

250 g (9 oz) **frozen spinach**
½ leek
1 clove of garlic
½ chilli pepper
1 tbsp olive oil
1 tsp hot curry powder
½ tsp cayenne pepper
½ tsp cumin
240 ml (8¾ fl oz) **homemade broth**
→ *recipe p 90*
½ can black beans
½ can coconut milk
A pinch of sea salt
Freshly ground pepper

Topping
1 handful watercress
2 tbsp roasted cashew nuts
→ *recipe p 41*

Tip!
If you haven't made your own broth, you can make the soup with vegetable stock from a concentrate or cube.

1. Take the spinach out of the freezer to start it thawing.
2. Clean the leek by making a cut from about 5 centimetres from the root all the way up through the leaves. This makes it easy to rinse away any soil or dirt. Slice the cleaned leek into wide pieces.
3. Thinly slice the garlic and chilli.
4. Heat the oil in a pan over a medium heat. Sauté the leek, garlic and chilli with the curry powder, cayenne pepper and cumin, stirring for a couple of minutes.
5. Add the spinach and sauté, stirring until the spinach has fully thawed.
6. Pour in the broth, beans and coconut milk. Bring to a boil, then reduce the heat and let the soup simmer for about 15 minutes.
7. Carefully blend the hot soup in a blender until completely smooth.
8. Season the soup with salt and pepper to taste. Divide into two bowls and top with chopped watercress and cashew nuts.

Nutritional content per serving: Energy: 545 kcal · Protein: 17 g · Fat: 40 g · Carbohydrates: 38 g · Fibre: 12 g

Prawn and Cabbage Tostadas

Yes, preparing this Mexican-inspired feast requires both plenty of time and a variety of ingredients, but the many wonderful flavours make it all worthwhile.

4 tacos – for two people · 1 hour

280 g (10 oz) king prawns, thawed
1 avocado
100 g (3½ oz) ginger-pickled Brussels sprouts
→ Recipe p 111
4 homemade tostadas
→ Recipe p 110

Marinade
½ chilli pepper
Juice of ½ lime
1 tsp olive oil
½ tsp smoked paprika
½ tsp ground turmeric
½ tsp sea salt
Freshly ground pepper

2 large carrots
150 g (5 oz) red cabbage
2 tsp olive oil
½ tsp smoked paprika
½ tsp dried oregano
A pinch of sea salt

Black bean dip
½ tin black beans
1 handful of fresh coriander
½ chilli pepper
1 clove of garlic
½ tsp cumin
Juice of ½ lime
A pinch of sea salt

Ginger Dressing
3 tbsp natural yoghurt
1 tsp mayonnaise
½ tsp freshly grated ginger
A pinch of sea salt

1. Finely chop the chilli and mix with the other ingredients for the marinade. Toss in the thawed prawns, cover the bowl and let them marinate in the fridge for about 15 minutes (or overnight).

2. Preheat the oven to 200°C fan/425°F/Gas Mark 7.

3. Coarsely grate the carrots and slice the red cabbage into thin strips. Toss with oil, paprika, oregano and salt.

4. Spread the vegetables in a single layer on a baking tray lined with baking paper. Place the tray in the hot oven and roast for 20 minutes, turning the vegetables once or twice during cooking.

5. Rinse the black beans in a sieve and let them drain. Roughly mash the beans with a fork, leaving some chunks. Finely chop the coriander, chilli and garlic, and mix them with the beans. Add cumin, lime juice and salt to taste.

6. Make the dressing by stirring together the yoghurt, mayonnaise, ginger, salt and pepper.

7. Take the vegetables out of the oven and set them aside. Place the prawns on the baking tray and bake for 10 minutes.

8. Halve the avocado, remove the stone and scoop out the flesh with a spoon. Thinly slice the avocado. Cut the pickled Brussels sprouts into quarters.

9. Serve the tostadas ready assembled or put all the components on the table and let diners build their own.

Tip!
Use the remaining black beans in a Blackberry Black Bean Stir-fry (p 102) or a serving of Spicy Spinach Soup (p 106).

Nutritional content per serving: Energy: 595 kcal · Protein: 39 g · Fat: 26 g · Carbohydrates: 62 g · Fibre: 19 g

Tip!
The tostadas taste even better with a bit of pickled red onion. See the recipe on page 94.

Tip!
If you have a tortilla press, now is the time to bring it out. It's much easier than using a rolling pin.

Wholewheat Tostadas

Here's an idea for a homemade Mexican flatbread with whole grains and healthy fats. Bake it crispy like a tostada or keep it soft like a tortilla, and fill it with all sorts of delicious toppings.

Serves 4 · 10 minutes (plus resting time) · Nutritional content per serving: Energy 93 kcal · Protein 2 g · Fat 9 g · Carbohydrates 10 g · Fibre 2 g

70 g (2½ oz) **white whole wheat flour**
1 tbsp olive oil
A pinch of sea salt
2 tbsp lukewarm water, e.g. a mix of cold and boiled water or lightly warmed in the microwave.

1. Mix a crumbly dough with the flour, oil and salt. Add the water and knead the dough smooth with your hands.
2. Divide the dough into 4 portions and roll into balls. Wrap the dough in plastic wrap and let it rest for 15 minutes.
3. Heat a cast-iron pan over a high heat.
4. Roll out the dough with a rolling pin to a paper-thin layer on a lightly floured surface.
5. Cook the thin flatbreads:
   For crispy tostadas, about 1 minute on each side.
   For soft tortillas, about 45 seconds on each side.

   If your tortillas turned out too crispy, you can soften them again. Place them between two damp paper towels and warm them in the microwave for 10 seconds.

Ginger-Pickled Brussels Sprouts

For multiple servings · 30 minutes (plus pickling time) · Nutritional content per 100 g: Energy: 69 kcal · Protein: 3 g · Fat: 0 g · Carbohydrates: 19 g · Fibre 3 g

450 g (1 lb) **Brussels sprouts** (cleaned weight)
1 handful of fresh herbs (e.g. tarragon, dill, parsley)
½ chilli pepper
2½ cm (1 inch) **fresh ginger**
1 tbsp whole grain mustard

Brine
480 ml (17 fl oz) **cold water**
240 ml (8¾ fl oz) **apple cider vinegar**
2 tbsp acacia honey
2 tsp sea salt

1. Bring a pan of water to the boil.
2. Prepare the Brussels sprouts by trimming the stem and removing any outer leaves. Halve the largest sprouts. Place them in the boiling water and cook for 3 minutes.
3. Meanwhile, prepare a bowl of ice water. Drain the boiling water from the Brussels sprouts and place them in the ice water for a couple of minutes to stop the cooking process. Drain the Brussels sprouts from the ice water.
4. In the pan, create a brine using the water, vinegar, honey and salt, and bring it to a boil over a medium-high heat.
5. Roughly chop the herbs, thinly slice the chilli, peel and dice the ginger. Combine everything with the Brussels sprouts and mustard in a pickling jar.
6. Pour the hot brine into the jar, ensuring the Brussels sprouts are covered. Let the jar sit uncovered to cool for about half an hour.
7. Seal the jar and place it in the fridge until ready to eat. Allow at least a couple of hours, but ideally overnight for best flavour.

Tip!
Use clean utensils to take the Brussels sprouts out of the brine to help your pickled Brussels sprouts last for about a month.

Tip!
Be careful handling boiling water and brine. Also, make sure that your pickling jar is heat-resistant.

Smoked Salmon Teriyaki Bowl

Serves 2 · 30 minutes

55 g (2 oz) **red quinoa** (dry weight)
150 g (5 oz) **broccoli**
A pinch of sea salt
1 red pepper
55 g (2 oz) **radishes**
1 spring onion
55 g (2 oz) **roasted cashew nuts**
→ *Recipe p 41*
200 g (7 oz) **hot smoked salmon**
150 g (5 oz) **ginger-pickled Brussels sprouts**
→ *Recipe p 111*
50 ml (1¾ fl oz) **homemade teriyaki sauce**

Tip!
Cook an extra 55 g of quinoa and use it for the blueberry protein bowl on page 82.

1. Cook the quinoa until tender in plenty of boiling water for 15 minutes. Drain any excess water and let the quinoa cool.

2. Meanwhile, divide the broccoli into small florets, place them in a bowl, sprinkle with a little salt and blanch by pouring boiling water over them. Let them sit in the water for a couple of minutes, then drain in a sieve.

3. Dice the pepper. Thinly slice the radishes and spring onion. Roughly chop the roasted cashews.

4. Place the vegetables and hot smoked salmon on a bed of quinoa on a deep plate. Sprinkle over the sliced spring onion and cashew nuts. Generously drizzle with teriyaki sauce.

Nutritional content per serving: Energy: 520 kcal · Protein: 36 g · Fat: 30 g · Carbohydrates: 31 g · Fibre: 7 g

Teriyaki sauce

For multiple servings · 20 minutes

40 g (1½ oz) **fresh ginger**
1 small clove of garlic
100 ml (3½ fl oz) **soy sauce**
3 tbsp balsamic vinegar
2 tbsp acacia honey

1. Peel and finely chop the ginger. Peel the garlic and chop it finely.

2. Combine the ginger and garlic with soy sauce, balsamic vinegar and honey in a saucepan. Bring to a boil and let it simmer uncovered over a medium heat for 5 minutes.

3. Strain out the ginger and garlic. Pour the sauce back into the saucepan, reduce the heat slightly and let it simmer for another 10-15 minutes until it thickens.

4. Pour the teriyaki sauce into a bottle or jar with a lid. It will keep well in the fridge for a couple of weeks.

Tip!
The teriyaki sauce tastes fantastic on salads, fish and chicken.

Nutritional content per 100 g: Energy: 286 kcal · Protein: 6 g · Fat: 0 g · Carbohydrates: 63 g · Fibre: 1 g

Tip!
Replace the hot smoked salmon with smoked mackerel if you fancy a change.

Tip!
Store any leftover meatballs in the fridge right away. They'll keep for a couple of days and make a delicious addition to a packed lunch.

Kale and Chicken Meatballs

Serves 2· 45 minutes

85 g (3 oz) **kale**
25 g (1 oz) **almonds**
1–2 spring onions
½ chilli pepper
½ handful of fresh basil
150 g (5 oz) **minced chicken,** 3–7% fat
25 g (1 oz) **oats**
2 eggs
1 tsp ground turmeric
1 tsp smoked paprika
1 tsp sea salt
Freshly ground pepper
1 tbsp olive oil

Cauliflower in Lemon Aioli
300 g (10½ oz) **cauliflower**
4 tbsp natural yoghurt
2 tbsp mayonnaise
½ handful of fresh basil
Zest of ½ **lemon**
A pinch of sea salt
Freshly ground pepper
1 tbsp toasted sesame seeds

→ *Recipe p 124*

1. Remove the toughest stems from the kale and chop it roughly (or use pre-chopped kale from a bag). Blanch it with boiling water, then let it drain in a sieve.

2. Preheat the oven to 200°C fan/425°F/Gas Mark 7.

3. Finely chop the almonds, spring onions, chilli and basil. Place them in a large mixing bowl along with the blanched kale, chicken, oats, eggs and spices. Mix the ingredients until smooth with a handheld electric mixer.

4. Using two tablespoons, form 8 large meatballs from the mixture. Arrange them on a baking tray lined with baking paper, drizzle with the olive oil and place in the oven. Bake the meatballs for about 15 minutes. Check the internal temperature with a meat thermometer if you have one to ensure is above 75°C/165°F.

5. Separate the cauliflower into very small florets and slice the stems thinly. Roughly chop the basil.

6. Mix the yoghurt and mayonnaise with basil, lemon zest, salt and pepper. Toss the cauliflower in the dressing and sprinkle with toasted sesame seeds.

Nutritional content per serving: Energy: 598 kcal · Protein: 33 g · Fat: 41 g · Carbohydrates: 29 g · Fibre: 11 g

Zucchini Pasta with Anchovies

There are more oily fish than salmon, mackerel and herring. Anchovies, best known from Caesar salad dressing, also offer beneficial omega-3.

Serves 2 · 30 minutes

2 cloves of	garlic
1 small jar of	anchovy fillets
2 handfuls of	parsley
55 g (2 oz)	walnuts
200 g (9 oz)	savoy cabbage
1 large	courgette
2 tbsp	olive oil
2 tsp	freshly grated ginger
100 g (3½ oz)	tomato purée
60 ml (2 fl oz)	boiling water
25 g (1 oz)	Parmesan cheese
	Freshly ground pepper
1 slice	whole grain bread

1. Peel and finely chop the garlic and anchovies. Roughly chop the parsley and walnuts.

2. Slice the savoy cabbage into ultra-thin strips. If you have a spiraliser, use it for the courgette; otherwise, cut it into very thin strips.

3. Heat the oil in a large frying pan over a medium-high heat.

4. First, sauté the garlic, ginger, tomato purée and chopped anchovies for a couple of minutes, stirring constantly. Stir in the boiling water to make the sauce.

5. Add the savoy cabbage to the pan, mix well with the sauce and cook for a couple of minutes until the cabbage softens.

6. Add the courgette and cook for a few more minutes, until tender.

7. Stir in the parsley and walnuts and serve piping hot with grated Parmesan, freshly ground pepper and a generous slice of whole grain bread.

Tip!
In addition to fish oil, anchovies provide plenty of umami and salt. So hold off on adding extra salt until you've tasted the dish.

Nutritional content per serving: Energy: 577 kcal · Protein: 24 g · Fat: 40 g · Carbohydrates: 37 g · Fibre: 11 g

Tip
The anti-inflammatory pantry offers plenty of rich, sweet flavours for healthy and irresistibly delicious desserts.

Chapter 6

Desserts

If you find it hard to go without a sweet treat from time to time, here are some great ideas for healthy desserts that will satisfy your sugar craving.

Tip!
Always use unwaxed citrus fruit when using the peel in cooking.

Quinoa Chocolate Mousse

Serves 2 · 30 minutes (plus chilling time) · Nutritional content per serving: Energy 238 kcal · Protein 5 g · Fat 13 g · Carbohydrate 26 g · Dietary fibre 4 g

55 g (2 oz) **red quinoa** (uncooked weight)
55 g (2 oz) **70% dark chocolate**
50ml (2 fl oz) **almond drink**
→ *See recipe p. 29*
50 ml (2 fl oz) **kefir**
2 tsp acacia honey
1 **espresso shot** (or small cup strong coffee), chilled
Zest of ½ orange
Sprinkle of sea salt

Topping
25 g (1 oz) **fresh berries,** eg raspberries or blackberries
15 g (½ oz) **70% dark chocolate**

1. Cook the quinoa in plenty of boiling water for 20 minutes. While the quinoa is cooking, roughly chop the chocolate.
2. Drain the quinoa, add the chocolate and let it melt in the hot quinoa. Allow the mixture to cool slightly.
3. Place the chocolate quinoa in a blender or food processor with the almond drink, yoghurt, honey, espresso, finely grated orange zest and salt.
4. Blend for about a minute until the mousse is smooth. It doesn't matter if there are still some whole quinoa seeds in it.
5. Divide into two glasses, cover with cling film and refrigerate for at least an hour. It will keep in the fridge for a few days, so you can make the dessert well in advance.
6. Serve with fresh berries and a little chopped dark chocolate on top.

Raspberry Chocolate Chia Cookies

8 cookies · 35 minutes · Nutritional content per cookie: Energy 152 kcal · Protein 3 g · Fat 13 g · Carbohydrate 7 g · Dietary fibre 3 g

55 g (2 oz) **frozen raspberries**
100 g (3½ oz) **almond flour**
2 tbsp olive oil
1 tbsp acacia honey
1 tbsp chia seeds
½ tsp vanilla powder
¼ tsp baking powder
Sprinkle of sea salt

Topping
15 g (½ oz) **hazelnuts**
25 g (1 oz) **70% dark chocolate**

1. Boil the frozen raspberries in a saucepan with a little water for a minute. Drain the water and let the berries cool slightly.
2. Mash the raspberries with a fork and mix in the other ingredients.
3. Preheat the oven to 175°C/350°F/Gas Mark 4.
4. Form eight balls of about 25 g (1 oz) and place them on a baking tray lined with baking paper. The dough is easier to work with if you moisten your fingers with a little water. Press the balls flat to a thickness of about ½ cm (¼ inch). Coarsely chop the hazelnuts, sprinkle them on top and press them slightly into the dough.
5. Place the tray in the centre of the hot oven and bake for 16-17 minutes until the edges are light brown. Transfer the baking paper with the cookies to a rack and let them cool.
6. Melt the chocolate in the microwave or over a water bath. Spread the bottom of the cookies with the chocolate and place them chocolate-side down on baking paper. Allow the chocolate to set completely before storing the cookies in a tightly sealed cake tin.

Tip!
Blend whole almonds yourself into the most delicious, coarse almond flour. It only takes a moment in a blender or electric coffee grinder.

Hazelnut Banana Shake

Can something so healthy really taste this good?

Serves 2 · 5 minutes · Nutritional content per serving:
Energy 274 kcal · Protein 9 g · Fat 12 g ·
Carbohydrate 37 g · Dietary fibre 6 g

1 large, ripe banana
55 g (2 oz) **oatmeal**
2 tbsp hazelnut butter
→ *See recipe p. 34*
2 cm (¾ inch) **fresh ginger**
1 pinch of sea salt
300 ml (10 fl oz) **almond drink**
→ *See recipe p. 29*
Handful of ice cubes

1. Peel the banana. Peel the ginger.
2. Blend all ingredients at full speed for about one minute until the shake is completely smooth.
3. Pour into two glasses. Enjoy ice cold.

Tip!
Store the cut fudge in a sealed container in the freezer. It will keep for up to a month. Simply remove pieces from the freezer a few minutes before eating.

Avocado Fudge

Do you have a couple of avocados that are too soft to use in a salad? Don't worry, they're perfect for a portion of avocado fudge.

8 pieces · 15 minutes (plus freezing time) · Nutritional content per piece: Energy 135 kcal · Protein 2 g · Fat 10 g · Carbohydrate 10 g · Dietary fibre 4 g

100 g (3½ oz) **70% dark chocolate**
2 very ripe avocados
2 tsp dark cocoa
1 tsp ground ginger
½ tsp vanilla powder
Pinch of sea salt

Topping
2 tsp of the melted dark chocolate
2 tsp pistachio kernels, unsalted

1. Melt the chocolate in the microwave or over a water bath. Allow it to cool slightly.
2. Halve avocados, remove stones and scrape out flesh with a spoon. Place avocado in a food processor with cocoa, ginger, vanilla and salt. Blend for 30 seconds.
3. Pour a couple of teaspoons of the melted chocolate into a small piping bag (or a freezer bag with a small corner cut off).
4. Pour rest of chocolate into food processor. Blend for a further 30 seconds until fudge is completely smooth. If necessary, scrape down the edges so everything is blended.
5. Place baking paper in a baking tray measuring approximately 10 x 20 cm (4 x 8 inches). Spread the avocado fudge in the tray and smooth the surface with a spatula.
6. Pipe stripes of chocolate on to fudge. Finely chop the pistachios and sprinkle on top.
7. Cover the tray with cling film and place in the freezer for two to three hours.
8. Remove the frozen fudge from the tray, cut into eight squares and serve chilled.

(Wet the baking paper with cold water to make it easier to fit in the tray.)

Hazelnut Fudge

8 pieces · 15 minutes (plus cooling time) · Nutritional content per piece: Energy 120 kcal · Protein 2 g · Fat 9 g · Carbohydrate 7 g · Dietary fibre 2 g

100 g (3½ oz) **dark chocolate 70%**
2 **tbsp tahini**
1 **tbsp hazelnut butter**
→ *See recipe p.34*
1 **tsp freshly grated ginger**

Topping
1 **tbsp roasted sesame seeds**
25 g (1 oz) **roasted hazelnuts**
→ *See recipe p.34*

1. Melt the chocolate in the microwave or over a water bath.
2. Stir the tahini, hazelnut butter and ginger into the chocolate and mix well.
3. Divide the chocolate fudge into eight small paper moulds. Press a few hazelnuts into each one and sprinkle with toasted sesame seeds. Cover carefully with cling film and refrigerate for 1-2 hours.

(If you don't have small paper moulds, you can use a 10 x 20 cm (4 x 8 inches) baking tray and line it with baking paper. Cut the fudge into small cubes once it has set.)

Tip!
Toast plenty of sesame seeds. They taste great as a topping for salads and you can quickly make a batch of chocolate ginger bites on page 126.

Toasted Sesame Seeds

Multiple meals · 5 minutes · Nutritional content per 100g: Energy: 568 kcal · Protein: 18 g · Fat: 50 g · Carbohydrate: 24 g · Dietary fibre: 9 g

100 g (3½ oz) **sesame seeds**

1. For the topping, toast the sesame seeds for a few minutes in a hot, dry frying pan until golden.
2. Shake the pan during toasting to prevent the seeds from burning.
3. Pour the seeds on to a piece of baking paper to cool. Store them in a sealed container.

Frozen Blueberry Yoghurt

Serves 2 · 15 minutes (plus freezing time) · Nutritional content per serving: Energy 197 kcal · Protein 6 g · Fat 12 g · Carbohydrate 19 g · Dietary fibre 3 g

85 g (3 oz) **frozen blueberries**
150 ml (5 fl oz) **kefir**
1 tsp freshly grated ginger
1 tbsp acacia honey
½ tsp vanilla powder

Topping
25 g (1 oz) **fresh blueberries**
25 g (1 oz) **pecans**
15 g (½ oz) **70% dark chocolate**

1. Cook the frozen blueberries in a saucepan with a little water for a minute. Drain the water and let the berries cool slightly.
2. Place the berries in a blender or food processor with the kefir, ginger, honey and vanilla. Blend for 30 seconds until completely smooth.
3. Pour the blueberry yoghurt into a freezer bag and place in the freezer.
4. Massage the yoghurt in the bag regularly (every half hour, for instance) while freezing. The freezing time is approximately three hours. After that, the yoghurt can be left in the freezer.
5. Arrange the frozen yoghurt in two bowls. Top with fresh blueberries, chopped nuts and chocolate.

(Remove the yoghurt from the freezer 15 minutes before serving if it's frozen solid.)

Tip!
You can use fresh blueberries (and if you do, you can skip the cooking), but frozen berries usually have a nicer, more intense blue-violet colour.

Chocolate Ginger Bites

Small, but delicious... Tiny bites so full of flavour and sweetness that you only need a few.

18-20 pieces · 15 minutes · Nutritional content per serving (3 pieces): Energy 222 kcal · Protein 3 g · Fat 18 g · Carbohydrate 15 g · Dietary fibre 3 g

100 g (3½ oz) **pecans**
55 g (2 oz) **70% dark chocolate**
55 g (2 oz) **raisins**
1 **tbsp cold water**
2 **tsp freshly grated ginger**

Topping, suggestion
Toasted sesame seeds
→ *See recipe p. 124*
Dark cocoa
Coconut flour

1. Chop the chocolate into smaller pieces and blend with the other ingredients in a food processor. Blend for about a minute until the dough is smooth. Refrigerate for half an hour.
2. Shape tablespoons of the dough into balls, then roll the balls in toasted sesame seeds, dark cocoa and/or coconut flour.

Tip!
Store the bites in the fridge. They will keep for a week.

Chilli Bites

18-20 pieces · 15 minutes (plus cooling time) · Nutritional content per serving (3 pieces): Energy 174 kcal · Protein 3 g · Fat 9 g · Carbohydrate 24 g · Dietary fibre 3 g

100 g (3½ oz) **dates,** stoned
85 g (3 oz) **oatmeal**
2 tbsp olive oil
1 tbsp dark cocoa
½ tsp cayenne pepper
½ tsp ground cinnamon
Sprinkle of sea salt
25 g (1 oz) **almonds**

1. Pour boiling water over the dates and leave them to soak for five minutes. Drain the water.
2. Place the dates in a food processor with the oats, oil, honey, cocoa, cayenne pepper, cinnamon and salt. Blend for about a minute until the dough is smooth.
3. Finely chop the almonds and tip them into a deep dish.
4. Shape tablespoons of the dough into balls and roll them in the chopped almonds (this is easiest with slightly damp fingers). Refrigerate the balls for 30 minutes before serving.

Tip!
Medjool dates with thick, chewy skin should be left in the boiling water for a little longer.

Tip!
The waffles can be refrigerated for a few days. They soften as they cool, but can easily be crisped up in a toaster. And it's nice to know that you're never more than a few minutes away from a healthy and delicious dessert if the craving strikes.

Blueberry Waffles

3-4 waffles · Serves 2 · 35 minutes · Nutritional content per serving: Energy 301 kcal · Protein 9 g · Fat 17 g · Carbohydrate 30 g · Dietary fibre 4 g

85 g (3 oz) **frozen blueberries**
2 eggs
240 ml (8½ fl oz) **almond drink**
→ *See recipe p. 29*
1 small, ripe banana
100 g (3½ oz) **oatmeal**
3 tbsp olive oil
1 tsp baking powder
½ tsp vanilla powder
½ tsp sea salt
Olive oil for cooking, if required
55 g (2 oz) **fresh blueberries**

Vanilla cream
75 ml (2½ fl oz) **kefir**
1 tsp acacia honey
Pinch of vanilla powder

1. Strain the kefir for the vanilla cream through a coffee filter or clean cloth. Let it stand for 15 minutes.
2. Blanch the frozen blueberries by pouring boiling water over them. Drain them in a sieve.
3. Combine all the waffle batter ingredients in a blender or food processor and blend until completely smooth. Gently stir the blanched blueberries into the batter.
4. Heat a waffle iron to high heat. Grease it with a little olive oil if necessary. Pour in the batter and bake until the waffles are golden and crispy. This takes about four minutes (depending on your waffle iron).
5. Stir the strained kefir together with the honey and vanilla.
6. Serve the waffles immediately after cooking with vanilla cream and blueberries.

(Check your manual to see if your waffle iron requires oil.)

Tip!
Dried corn kernels naturally contain lots of dietary fibre and very little fat. Popped in olive or rapeseed oil and tossed with good dark chocolate and ginger, you have an easy and delicious anti-inflammatory snack.

Gingerbread Popcorn

This sweet popcorn is a delicious snack that looks lovely hanging in cones on a Christmas tree.

Serves 8 · 20 minutes (plus drying time) · Nutritional content per serving: Energy 157 kcal · Protein 3 g · Fat 10 g · Carbohydrate 16 g · Dietary fibre 3 g

100 g (3½ oz) **popcorn kernels**
2 tbsp olive oil
100 g (3½ oz) **70% dark chocolate**
1 tsp ground ginger
1 tsp cinnamon
Pinch of sea salt

1. Pour olive oil and popcorn into a large thick-bottomed pan on high heat.
2. Shake the pan regularly when the kernels start to pop. Remove the pan from the heat when the popping sounds subside.
3. Pour the popcorn out on to a large piece of baking paper and let it cool slightly. Remove any unpopped kernels. Pour the popcorn into a large mixing bowl.
4. Melt the chocolate in the microwave or over a water bath. Stir in ginger, cinnamon and salt.
5. Pour the chocolate over the popcorn and stir it so that it's covered in chocolate.
6. Spread the popcorn in one layer on the baking paper. Place it in a cool place to allow the chocolate to set. Turn regularly so it doesn't stick together while drying.
7. Store in a sealed container or plastic bag until ready to eat. The popcorn keeps well for a couple of weeks.

About the author

Simon Weisdorf

As the recipe developer and author of several books, including the worldwide bestsellers *Become Healthier And Pain-free With The Anti-inflammatory Diet* and *Lose Weight With The Anti-inflammatory Diet*, Simon is one of Scandinavia's leading authorities on the anti-inflammatory diet. His success is due to his simple philosophy: healthy food is only healthy if you actually eat it. That's why Simon's anti-inflammatory recipes are full of great flavour, quick and easy to prepare, and with ingredients that are readily available in your local supermarket.

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Author: Simon Weisdorf

Photography: Andreas Mikkel Hansen

Translation: Katharine Davies, Karen Levell,
Nick Peers and Michele Turner
Erak Global Works Ltd, service@globalworks.co.uk

Published by:

© 2025 Bonnier Publications International AS,

PO Box 543, 1141 Kolbotn, Norway.

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ISSN: 2704-0054

Printed by: Poligrafijas Grupa Mukusala

Marketing/Distribution UK and Export:
Marketforce (UK)
121-141 Westbourne Terrace, London W2 6QA
Tel: +44 (0) 330 390 6464, hello@marketforce.co.uk

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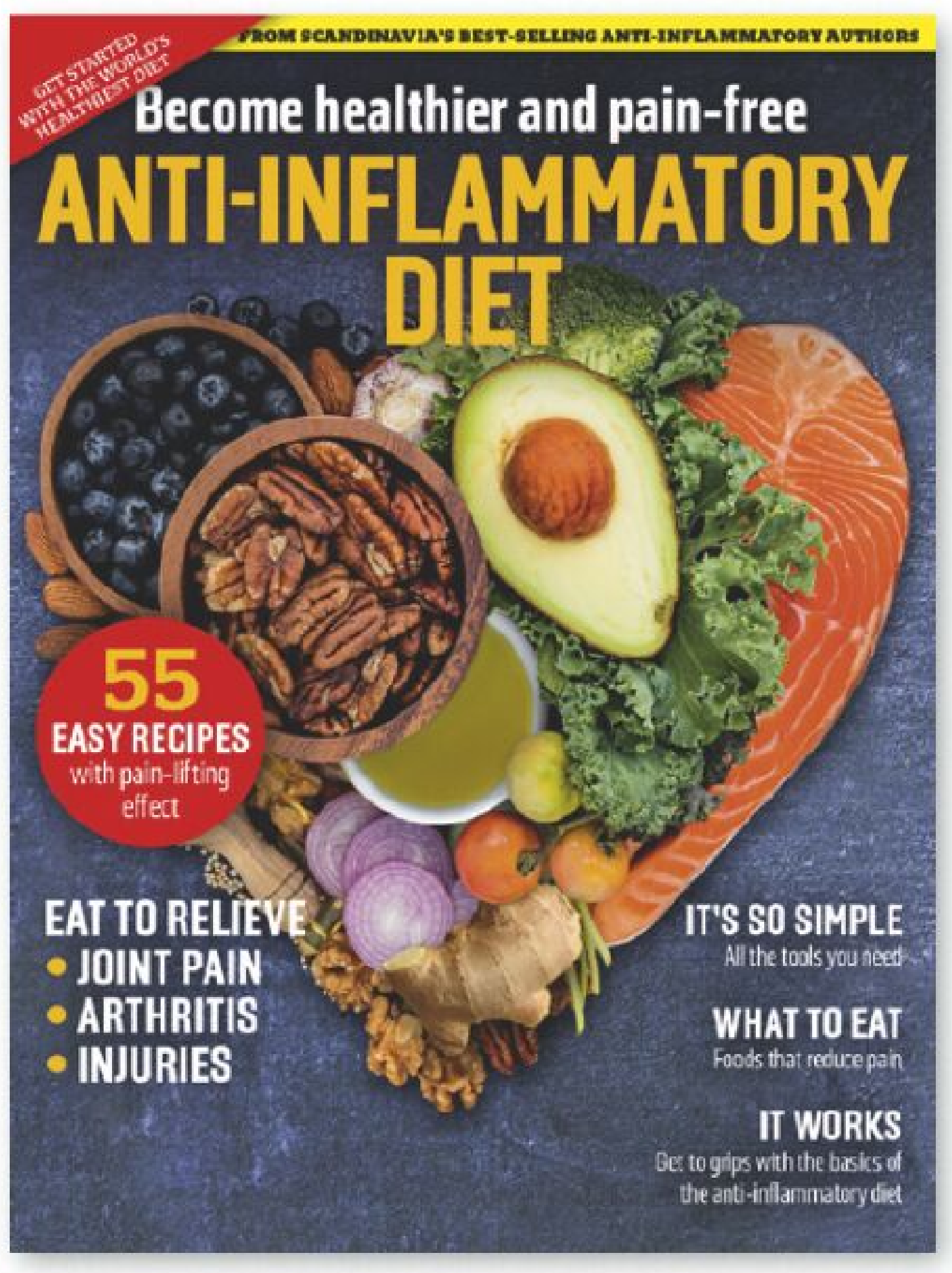
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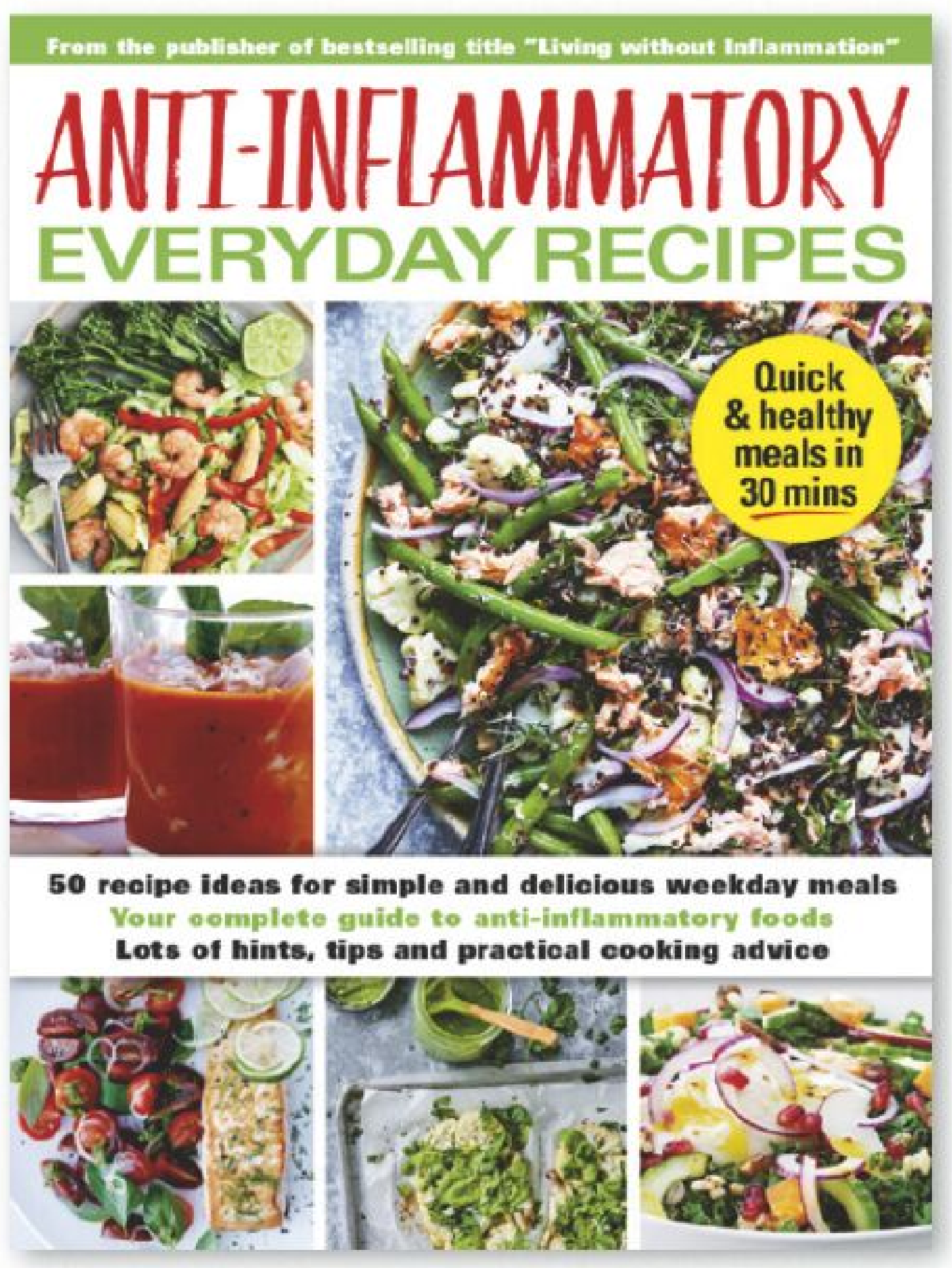
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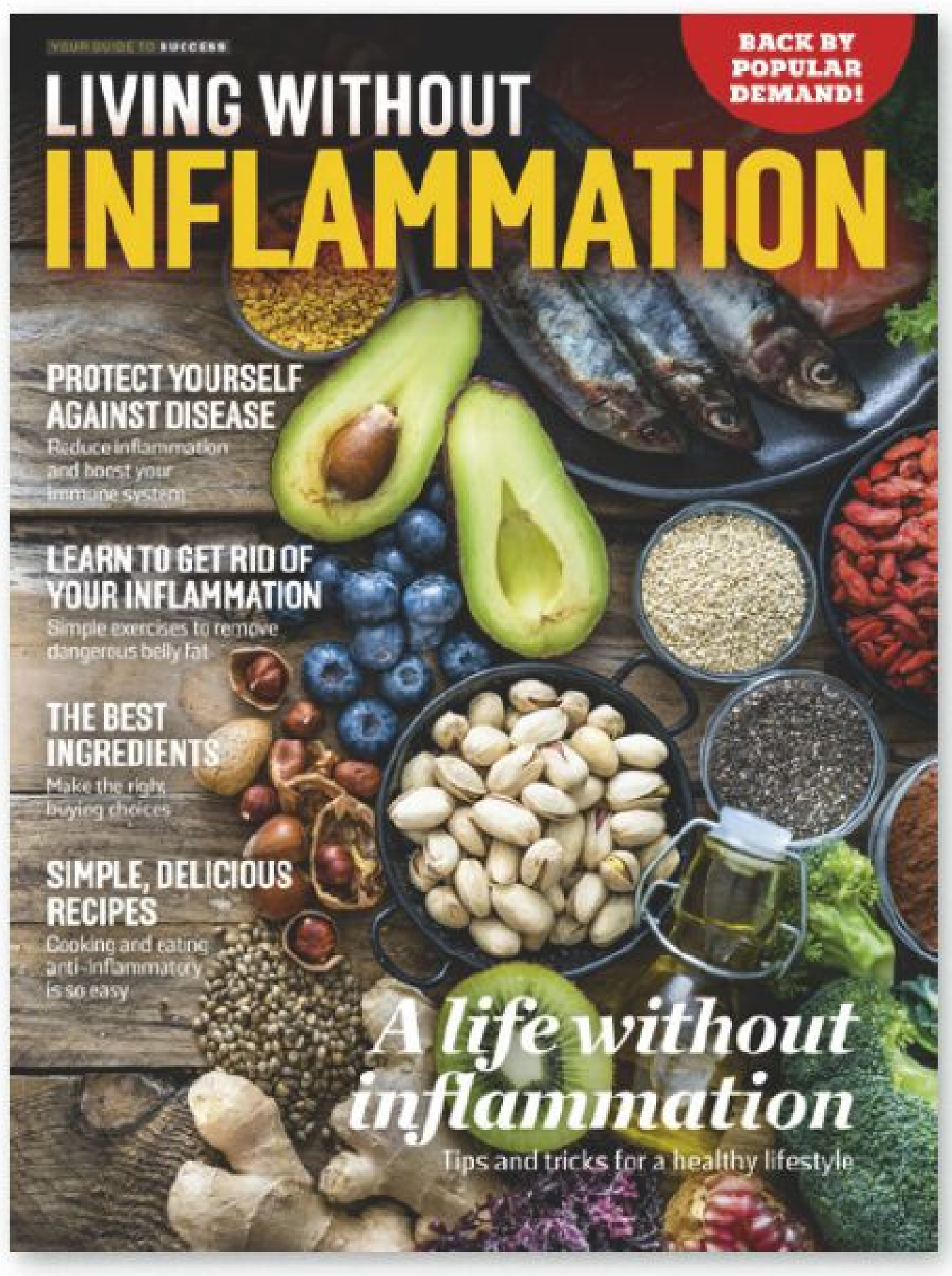
Your complete guide to anti-inflammatory foods
Lots of hints, tips and practical cooking advice

Common foods such as salmon, nuts, berries and cabbage can help reduce inflammation in your body, preventing and relieving a wide range of pains, injuries and lifestyle diseases. This guide gives you the tools to make the anti-inflammatory diet a regular part of your daily life.

Living Without Inflammation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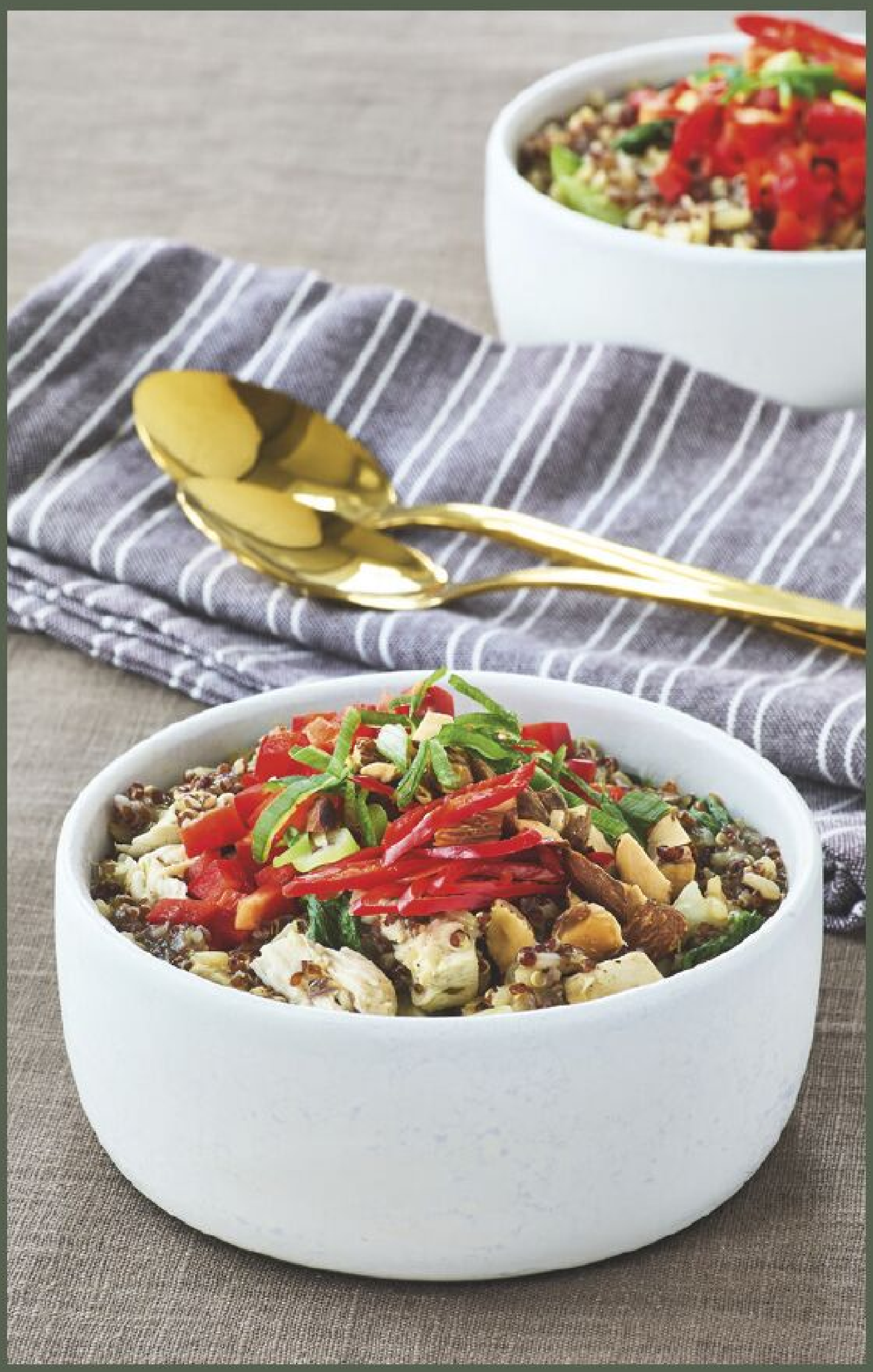

Eat yourself healthy and strong

The anti-inflammatory diet continues to make its way into kitchens around the world. And rightly so, because the effects are proven and well documented: reduced pain, a robust immune system with fewer sick days, more energy, less stress... In short, a strong and healthy body equipped for everyday life.

This guide offers a wealth of recipes for foods that are bursting with anti-inflammatory power... Plus, just as importantly, inspiring recipes that provide variety and plenty of flavour on your plate.

This cookbook is for everyone – both for those who want to get off to a good start and for those who are already familiar with anti-inflammatory cuisine in their kitchen.

Inside this issue:

- 78 easy recipes for every meal of the day – breakfast, lunch, snacks, evening meals and desserts – using natural, unprocessed ingredients from your local supermarket.
- Essential guide to everything you need to know about the anti-inflammatory diet.
- Comprehensive overview of the potent ingredients that fight inflammation in your body.
- Tips and tricks for the anti-inflammatory kitchen.

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